

Aftercare Instructions Following Elliptical Excision

Your aftercare guide — what to expect during healing and how to achieve the best possible result.

Healing Timeline

Timeline	What to Expect	What to Do
Days 1–3	Wound feels tight and swollen. Mild discomfort is normal.	Keep the dressing on and dry.
Days 3–7	Discomfort improving; some itching around the dressing.	Replace dressing if needed.
Days 7–14	Wound healing well; may appear red with minor swelling.	Continue Steri-strips or micropore tape. Stitches removed if applicable.
Days 14–28	Wound continues to heal; redness remains but starts to settle.	Apply micropore tape and massage/moisturise the scar gently twice daily.
1–3 months	Redness fades to pink.	Start massage with Bio-Oil or silicone gels. Use sunblock if exposed.
3–9 months	Scar flattens and fades.	Continue sunblock and scar therapy as above.

1. Wound Care

Keep the Dressing Dry and Intact

Leave the dressing in place for at least **72 hours** unless instructed otherwise. After this period you may remove it and replace with a clean, dry dressing if needed. Avoid soaking the area (baths, swimming) for **7 days**. After 72 hours you may gently clean the area with **lukewarm water and mild soap**, avoiding scrubbing. Pat dry with a clean towel.

Facial Steri-Strips

If Steri-strips were applied to your face, they can remain in place until your follow-up appointment for suture removal (usually **7 days**). If they come off before this, simply keep the area clean and dry and apply Vaseline.

Ointments

Apply a thin layer of Vaseline® (or prescribed antibiotic ointment) directly to the wound using clean hands or a cotton bud. This keeps the area clean, moist, and reduces scab formation.

Bleeding

A small amount of blood or a light pinkish stain on the dressing is normal in the first **24–48 hours**. If bleeding continues:

- Apply firm pressure with a clean cloth or gauze directly on the wound for **10–15 minutes** without interruption.
- Elevate the area if possible.
- If bleeding persists after 15 minutes or worsens, contact us or seek medical attention.

Avoid Picking Scabs

Allow scabs to form and fall off naturally. Picking at scabs can delay healing, increase infection risk, and lead to more noticeable scarring.

2. Managing Pain and Swelling

Pain Relief

Take **paracetamol** for pain relief as needed. Avoid ibuprofen or aspirin — these can increase the risk of bleeding.

Minimising Swelling

Elevate the area where possible, or apply a **cold compress for 10–15 minutes** at a time during the first 24 hours. Do not apply ice directly to the skin or soak dressings.

3. Activity Restrictions

Avoid Strain

Refrain from strenuous activities or heavy lifting for at least **7 days**. In areas under tension (e.g. back, legs), limit exercise for at least **2 weeks** to prevent the wound from stretching.

Protect the Wound

Avoid exposing the wound to dirt, water (e.g. swimming pools), or excessive movement that could pull on the stitches.

Smoking

Avoid smoking for at least the first **two weeks** after surgery. Smoking significantly delays healing, increases infection risk, and may worsen scarring.

Driving

Avoid driving immediately after the procedure if you have discomfort or reduced mobility. Resume driving only when you can operate the vehicle safely and perform emergency manoeuvres without hesitation or pain.

4. Stitches and Healing

Stitch Removal

If non-dissolvable stitches were used, you will need to return for their removal in **7–14 days**, depending on the site of surgery.

Healing Time

Most wounds heal within **2–3 weeks**, though redness and firmness around the scar can persist for several months — this is completely normal.

5. Scar Care

Silicone Gel or Strips

Once the wound has fully healed (usually around **2 weeks**), begin using silicone gel (e.g. **Kelo-Cote**) or silicone strips. These flatten and soften scars and reduce redness. Apply twice daily for at least **2–3 months**.

Moisturising

Use a **fragrance-free moisturiser** to keep the area hydrated. Apply gently to avoid irritation.

Scar Massage

After full healing, gently massage the scar using circular motions. This improves circulation and softens the scar tissue.

Sun Protection

Protect the scar from sun exposure for at least **6–12 months**. Use SPF 30+ sunscreen or cover with clothing. Sun exposure can darken scars and delay healing.

■ Signs of Infection – Contact Us Immediately

Watch for the following and contact us immediately if you experience:

- Increasing redness, swelling, or warmth around the wound
- Yellow or green discharge or an unpleasant odour
- Persistent pain or tenderness beyond the first few days
- Fever or chills

Contact Information

Phone: 0131 376 2744

Email: hello@skinsurgeons.co.uk

For urgent concerns outside of business hours, please dial 111 or attend A&E in an emergency.

