

Central Texas Colon and Rectal Surgeons

Instructions Following Excision of Skin Tag

A skin tag is the remnant of previous inflammation in the anal region which has resolved. The tag is not dangerous but can cause hygiene issues, bleed or cause pain. They can be removed for these problems but leave a very small remaining tag. In other words, evidence of a procedure in the anal region may remain slightly.

1. It will take approximately 7-10 days for the skin wound to heal. **DO NOT** be alarmed if bleeding or discharge occurs during this period of time, as it is normal.
2. You should go home and lie down immediately for a period of 6-8 hours.
3. Remove the dressing the following morning.
4. Then take a hot bath for 15-20 minutes. Afterwards, take a hot bath twice daily for 1 week and after all bowel movements until there is no further drainage.
5. Apply 4x4 gauze dressing to the anal area after each bowel movement and bath until there is no further drainage.
6. Keep bowels moving daily. Take 1 tablespoon of Benefiber powder or equivalent in water or juice twice daily.
7. Have the prescription filled. Take medication as written immediately on arriving home. Go to bed and stay there until you take your first hot bath.
8. Special instructions: _____

DO NOT take any over the counter aspirin, Motrin, or ibuprofen for two weeks