

Removal of Skin and Soft tissue mass
(skin lesion, cyst, lipoma)

Pre-Operative Instructions

Dr. Sitara Kommareddi

Office: 520-512-5757

**** call 7-10 days before procedure to get meds****

Booking/Arrival/Transport to O.R.:

- Our office will contact you regarding time, place, time of arrival and instructions about surgery.
- **Nothing to eat or drink from midnight the night before your procedure or as my office directs you. Your case may be cancelled otherwise.**
- Meds may be taken with sips as usual. You may be asked to stop certain medications before or on the day of surgery.
- You are usually asked to arrive 2 hours before your scheduled time.
- Upon arrival, you'll meet your O.R. team including your anesthesiologist, if we decide to have one available. If you have an anesthesiologist, you will receive a mild intravenous sedative and taken to the O.R. where you will be further sedated. We will discuss whether you will have just sedation or will require general anesthetic.
- If we decide not to have an anesthesiologist there, I will provide a local anesthetic. You may drive yourself home.
- **If you have sedation or general anesthesia, you must have a friend/family member to take you home** and ideally stay with you the first night. Otherwise a meditaxi may be arranged via your insurance company. You are responsible for arranging appropriate transport. If suitable transport is not available, your procedure may be cancelled.
- **You may not go home in a regular taxi or bus if you have had any sedation or general anesthesia.**
- **What to do to prepare/what to get ready:**
 - **Shower in hibiclens on am of surgery(get generic at walgreens).Use it just like soap, but apply on skin for 60 seconds then wash off.Specifically also apply to area of surgery.**
 - **If possible obtain before surgery, from the drugstore: ibuprofen, colace, and any prescriptions I've provided.**
 - **Have water /snacks at bedside so meds may be taken with them.**
 - **Band-aids to cover wounds if you have sutures that we will pull out later...size based on size of wound...you may need to get these after surgery.**

- **Ice packs available. Extra gauze and tape may be obtained at the drugstore without prescriptions, in case of oozing.**

After the procedure:

- You will stay in the recovery area for about 1- 2 hours, potentially longer depending on any medical issues.
- I will speak with any family/friends waiting for you, review operative findings, and review instructions.
- Prior to Discharge, you will have an opportunity to review instructions with the R.N. staff and your family/friends.

Postoperative expectations/Restrictions:

- **Wound pain** may last for a few days or few weeks. Very large incisions tend to hurt a bit more and for longer.
- You will have **bruising, swelling, hard areas** in the wound that will resolve over several weeks
- **Diet:** As usual.
- **Fatigue** may occur if you've received any IV sedation and usually improves over a few days.
- **Alcohol** should be avoided for the first 1-2 days.
- **Activity:** If the incision is on the back, shoulder or arms then, no lifting more than 15 lbs for 2 -3 weeks . If incision on legs, avoid running, or squats etc. After 2-3 weeks, you may slowly resume activities to your pace as your symptoms allow.
- **Urinary retention:** Rarely patients are unable to urinate after even minor surgery. If you are unable to do so 6 hours after you arrive home, please call.
- **Travel** should be avoided for 2 weeks after the procedure, if possible.
- **Driving** should be avoided for 2-5 days. Subsequently drive if you are fully alert, not on narcotics, and feel you can appropriately react to any driving stressor.
- **Home medications** may be resumed as usual upon arrival home. Specific instructions may be given regarding certain medications such as blood thinners.
- **Wound Care:**
 - Clear Tape and gauze will be placed over the wound. You may shower as usual and let soapy water run over this, pat dry. Do not scrub in the vicinity.
 - **48 hours after surgery, remove clear tape and gauze**
 - **If wound was closed with sutures that disappear**, you will see whitestrips (steristrips). You may shower as usual and let soapy water run over white strips. Pat dry. Apply Band-Aids if any oozing. Steri-Strips may fall off, you may remove them in 10 days or I will remove if you wish.
 - **If the wound was closed with removable sutures**, you will see **blue sutures**. Shower and let soapy water run over these. Pat dry. **You must cover them with a Band-Aid at all times to they do not catch on clothing**, sheets.

- **Do not soak in water for 3 weeks.**
- There may be bloody, pink, orange, yellow discharge for 2-3 days.
- **Showers:** You may shower the next morning. Do not soak in water for 2 weeks.

For Pain relief: Take meds with food/water

- Ice on wounds, 20 minutes at a time, 2-3 times a day is helpful

#1 Ibuprofen 600 mg- 800mg every 8 hours by mouth (avoid if gastritis, ulcers, inflammatory bowel disease, intolerance to this drug, kidney failure/kidney removal or if on blood thinners). Obtain at drugstore, no need for prescription.

#2 Tylenol 1000 mg every 8 hours as needed for pain.

YOU CAN TAKE IBUPROFEN AND TYLENOL 4 HOURS APART.

#3 A Narcotic: DO NOT TAKE EXTRA TYLENOL IF YOU TAKE NARCOTIC. YOU CAN STILL TAKE IBUPROFEN WITH NARCOTIC.

For Nausea:

#1 Promethazine or ondansetron (you will receive a prescription).

#2 Benadryl 12.5 – 25 mg by mouth every 8 hours if #1 not enough. This may be obtained at the drugstore without prescription.

#3 Any other med we decide on if the above not helpful.

Treatment of Constipation:

If you do not have a bowel movement within 24 hours after surgery, then:

#1 Colace 100 mg by mouth in am and pm. If not enough to help in 24 hours, then stay on it and add:

#2 Milk of Magnesia 30 ml once a day. If no B.M. 24 hours later, then stop it, stay on colace and add:

#3 Magnesium Citrate 1 bottle once by mouth. Take ice cold, poured over ice, rapidly over 1 hour, along with large glass of cold water. If no B.M. in 24 hours:

#4 Repeat magnesium citrate ½ bottle by mouth once again and take a Fleets enema.

#5 If none of the above work, call me for other options.

All may be obtained at the drugstore without a prescription.

Itching:

#1 Benadryl 25 mg tablet by mouth every 8 hours.

#2 Once strips off of wounds, try Benadryl ointment or topical steroid ointment to areas of itching 3-4 x a day. **Can get both at drugstore without prescription.**

Blistering at wound site:

White strips on wounds (steri-strips) can cause blistering or redness in some patients. **If this occurs you may remove them anytime and let me know.** If not helpful, please call.

Time off from Work/School:

- Plan on taking 2-10 days off. You may return once you feel you can work a full day as long as you follow restrictions. We will discuss time of return as it depends on size of the incision etc.
- Please let me know if you need a **work release**. You may get it on day of follow up or we can fax to number you provide. Please be specific as to when you want to go back to work and if any restrictions.
- **Any disability paperwork may be dropped off. We may take 5-7 days to complete. There is a fee of \$25.00.**

Follow Up:

- Call our office within a day or two after surgery (on a standard business day) to make a followup appointment You may also make a follow up appointment on the day you are contacted with your scheduling info.
 - **If you have absorbable sutures**, with white strips (steri-strips on the wound), make appointment for 2 weeks
 - **If you have removable sutures** (you will see blue sutures), make an appointment for 2.5 to 3 weeks.
- Call if you have Temp > 102, persistent, vomiting, worsening pain, worsening yellow discoloration of skin, redness in wounds that rapidly worsens or if you are unable to urinate 6 hours after you arrive home.

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