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

Post-Operative Instructions

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Follow Up:

- Call our office within a day or two after the procedure (on a standard business day) to make a follow-up appointment :
    - **If you have absorbable sutures**, with white strips (steristrips 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.
- You may also make a follow up appointment on the day you are contacted with your scheduling info.
- Call if you have Temp > 102, persistent, vomiting, worsening pain, redness that rapidly worsens or if you are unable to urinate 6-8 hours after you arrive home.

Prescriptions: Please give at least 3 days' notice to obtain additional meds.

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 3 weeks. If incision on legs or buttocks, avoid running, or squats etc. for 3 weeks.
- **Urinary retention**: Rarely patients are unable to urinate even after minor surgery. If you are unable to do so 6 hours after the procedure, please call. I may have you present to an E.R. for a bladder check and possibly place a 12 French bladder catheter, to stay in place x 5 days and remove in my clinic. **I have yet to see this happen in straightforward lump removal**, so unlikely to be an issue.
- **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 white strips (steristrips). You may shower as usual and let soapy water run over white strips. Pat dry. Apply Band-Aids if any oozing. Steristrips may fall off, you may remove them in 2 weeks 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 2 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 3 weeks.

For Pain relief: Take meds with food/water

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

#1 Ibuprofen 600 mg -800 mg every 8 hours. (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 (acetaminophen) 1000mg every 8 hours (avoid if cirrhosis). Obtain at drugstore, no need for prescription.

ALTERNATE IBUPROFEN AND TYLENOL EVERY 4 HOURS.

#3 A narcotic prescription may be provided. If Tylenol (acetaminophen) not helpful, stop taking it then add narcotic to your ibuprofen regimen. **DO NOT TAKE TYLENOL AND NARCOTIC TOGETHER AS MOST HAVE TYLENOL IN THEM.**

For Nausea:

#1 Ondansetron 4 mg every 4 hours as needed for nausea. You will receive a prescription.
#2 Benadryl 25 mg tablet by mouth every 8 hours if #1 not enough. This may be obtained at the drugstore without prescription.

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 over 1 hour, poured over ice 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 steristrips 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 (steristrips) can cause blistering or redness in some patients. **. If this occurs you may remove them 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.**