

GENERAL POST-OP INSTRUCTIONS

EXTERNAL LESION REMOVAL

REMEMBER TO FOLLOW ALL GUIDELINES THAT WERE PROVIDED TO YOU BY THE SURGERY CENTER OR HOSPITAL ABOUT WHAT TIME YOU SHOULD STOP EATING AND DRINKING.

On the day of surgery, please report to the Surgery Center or Hospital on time for your scheduled procedure.

1. Do not remove the dressing unless otherwise instructed. If you experience bleeding through the dressing, please call the office.
2. Infection is rare following surgery. If your incision site feels hot to the touch, has an odor or increased drainage, or you develop a fever, it could be a sign of infection. Call the office if your temperature measures over 101.5 while taking Tylenol.
3. Avoid all strenuous activities (exercise, jogging, sports, etc.) until your doctor gives approval. This includes lifting anything over 10 lbs.
4. Keep the dressing dry. The exception to this is if glue is used for closure. If glue is used, it can get wet but it should not be rubbed, only pat dry.
5. You may be given a prescription for an antibiotic and a pain medication. Take antibiotics as directed and pain medications as needed. Remember that if you are taking prescribed pain medications that you should not drive.
6. Avoid aspirin after surgery but also for one week prior to surgery if possible. Tylenol, Motrin and related products are acceptable. If you are on a prescribed blood thinner, stopping and restarting these medications should be discussed with your prescribing doctor (Cardiologist, PCP, etc.).
7. In most cases, your incision can/will be closed with glue. If not, you will have sutures that are covered with a gauze or bandaged dressing. If the dressing comes off:
 - Clean the site gently with hydrogen peroxide twice daily.
 - Apply a light coating of antibiotic ointment like Bacitracin and cover it with a bandaid.
8. You may experience swelling and bruising, possibly even some numbness around the area. To decrease swelling, elevate your head on pillows. An ice pack may be used if it can be tolerated. Numbness can happen after a surgical procedure- normal feeling should return during the next couple of weeks.
9. Once your sutures are removed:
 - Keep the dressing on until it comes off on its own.
 - Clean once a day with peroxide for one week after the dressing comes off.
10. It may take up to 6 months for skin color to normalize. Sunscreen with SPF15 should be used when the site is exposed to sunlight to prevent discoloration and darker scarring of your incision. Once the site is completely healed, Vitamin E or OTC scar creams can be used to decrease scarring.
11. In most cases, you may return to work the day after surgery, however this should be discussed with your doctor ahead of your procedure.
12. You will have a postoperative appointment scheduled for you, which will be 7-14 days after surgery. You should have received a card with this appointment location, date and time- if you did not, please call the office to find out when this appointment is.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL THE OFFICE.

