

Excision of Mass, Lesion or Foreign Body

... after the procedure

Medications

- A prescription for pain medication will be given to you upon dismissal. Please use the medication as needed, and as prescribed.
- If a prescription is not provided for you, you may take Tylenol or Ibuprofen (over-the-counter) as indicated on the bottle.

Follow-up Appointment

- You will need to see your doctor in the office 7-10 days after surgery. You are responsible for making your own appointment.

Swelling

- Apply ice to the incision frequently after surgery to help reduce the swelling— 20 to 30 minutes each time.
- Rest and elevate the incision.

Diet

- You may resume a normal diet soon after surgery as long as you are not experiencing nausea or vomiting. If you are experiencing nausea or vomiting, start with liquids and light, easy to digest foods. As you feel up to it, return to a normal diet.

Activity

- Refrain from strenuous activity for the next 24 hours. Refrain from strenuous physical workouts for at least 5 days.
- You may be dizzy or lightheaded on the day of surgery. This is normal and you should plan to go home after surgery to rest in a comfortable environment.
- No driving for at least 24 hours.

Pathology Results

- If your excision was sent to pathology, your testing could take up to 72 hours (not including weekends) for results. Your doctor will discuss these results with you at your follow-up visit.

Wound Care

- You may have a dressing in place after surgery. If so, leave the dressing in place for 24 hours.
- If you have a glue-like covering over the incision, just allow the glue to flake off on its own. Do not pick at the glue.
- If you have steri-strips in place, they will generally fall off in 7-10 days or your doctor may remove them at your follow-up visit.
- If you have sutures, do not remove them. Your doctor may remove them at your follow-up visit.
- Not matter how your doctor chooses to close your incision, clean your incision daily using soap and water. Pat dry. It is OK to rinse off the incision in the shower. Do not submerge your incision in a bath, hot tub or pool.
- Despite the greatest care, any incision can become infected. Contact your physician immediately if you run a fever, if your incision becomes more painful rather than less painful as days go by, becomes swollen, reddened, shows pus or red streaks.

When to Call Your Doctor

- Fever over 101.5 degrees
- Signs of an infection as listed above
- Vomiting or nausea that does not go away
- A dressing that is soaked with blood

