



Excision Post Procedure Instructions

Activity:

Please refrain from physical activity until your stitches are removed. Avoid lifting heavy items or weights and avoid bending for at least 2 weeks.

Diet:

You may resume your usual diet. Please drink lots of liquids for the first 24 hours after your procedure. Do not smoke or drink, as both can delay healing and increase the risk of complications.

Dressing:

You may remove the dressing and shower 24 hours after the procedure. Pat the wound dry. Place a new dressing or large bandaid over the area. It is necessary to keep your wound covered after the initial dressing has been removed.

Medication:

Do not take aspirin products for 10 days after your procedure. If you have a headache or mild pain not requiring narcotics, it is ok to take Tylenol (acetaminophen) or Aleve.

Miscellaneous:

Do not be alarmed if you can feel a lump or are bruised at the excision site; this is normal. Sutures have been placed to close your excision site; these will need to be removed in the office in 10-14 days. Please make sure to keep your follow-up appointment so that we can evaluate the wound and remove the suture(s).

Wound Care:

You may use a mild soap and water to wash your wound; do not scrub. Pat dry. Place an ice pack on the area for 20 minutes every 3 or 4 hours for the next 24 hours to reduce swelling. Do not place the ice directly on the skin, but place in a towel or ziplock bag. You may use lotion, oils or body creams over the incision once it has closed (after 2 weeks). Keep incisions clean and inspect daily for signs of infection. No tub soaking while sutures are in place.

Reasons to call your Doctor:

- 1) temperature/fever greater than 101.5 F
- 2) shaking chills
- 3) nausea or vomiting lasting longer than 24 hours
- 4) spreading redness or excessive drainage from your wound
- 5) lightheadedness
- 6) chest pain or shortness of breath
- 7) if you do not have a follow-up appointment