

MINOR SURGERY POST-OPERATIVE INSTRUCTIONS

These post-operative instructions are for the following operations:

- *Lipoma Removal*
- *Removal of a skin lesion*
- *Sebaceous cyst removal*

PAIN

Tylenol or Advil will generally be enough for pain relief after surgery. You may be given a prescription for Percocet, a mild medication for pain. Percocet should be taken as follows: 1 to 2 tablets every 4 hours for pain. You should avoid driving while taking Percocet because it can make you drowsy. Once pain improves or if the pain is not so severe, you may substitute Percocet with Tylenol at any time. In general, the procedure should be well-tolerated with minimal post-operative discomfort.

Applying ice to the wound intermittently for the first 24 hours after surgery may help reduce swelling and discomfort. Excessive pain, swelling or firmness after surgery may indicate a bleeding complication. If you experience any of these symptoms, you should call our office.

INCISION

- Any clear plastic bandage covering an incision (wound or surgical scar) can be removed 48 hours after surgery. Remove the gauze under the bandage as well. There are small paper tapes (steri-strips) covering the incision under the gauze. Leave these in place, as they will fall off on their own in 5-7 days. **DO NOT PLACE ANY ANTIBIOTIC OINTMENTS OR CREAMS ON THE NEW SCAR.**
- Some procedures, particularly procedures performed under local anesthesia only, may simply have stitches outside of the skin. These stitches should be covered by a band-aid or similar item for the first 48 hours. After 48 hours, the stitches can be left to air or covered, depending on patient preference. **DO NOT PLACE ANY ANTIBIOTIC OINTMENTS OR CREAMS ON THE NEW SCAR.**

SHOWERING/BATHING

You may shower at any time but no bathing until 2 weeks after surgery. When you shower, you can get the clear plastic bandage wet (it is water-proof) or wash over the paper tapes with soap and water (they can get wet). Do not remove the small pieces of tape by yourself – they will fall off on their own in 5 to 7 days.

PHYSICAL ACTIVITY/RECOVERY

In general, when you return home, your body will tell you how much and what kind of activity you are able to do. When you start experiencing soreness or pain, it's time to slow down or stop what you are doing.

You can resume your regular activities the day after your surgery, exercising in moderation. More vigorous activities, jogging, and/or aerobic exercises are not recommended for approximately one week. In most cases, you will only need to miss one day of work, the day of surgery.

DIET

No restrictions.

FOLLOW UP

Please call the office to schedule a post-operative follow-up visit for two weeks after surgery.

In most cases, the pathology report will be available in 2-3 working days. I will call you once the results are available.

WHEN TO CONTACT THE OFFICE

Please call the office if you experience any of the following:

- Pain that is not relieved by medication
- Fever more than 100.5° F or chills
- Excessive bleeding (a bloody dressing)
- Excessive swelling
- Redness outside the dressing

Matthew Lublin, MD, FACS
2001 Santa Monica Blvd., Suite 1170W
Santa Monica CA, 90404
Phone: (310) 828-2212 Fax: (310) 828-6829
www.drmatthewlublin.com