

# MINOR SURGERY POST-OPERATIVE INSTRUCTIONS

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. For the first 24 hours after surgery, you may take Percocet every 3 hours if needed. 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.

## 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.**

The surgical area, particularly under the incision, will feel as though a new lump has appeared. This is called a healing ridge and is a normal part of the healing process. If any redness or swelling occurs around the incisions call the office. Some fluid (yellow to light red to orange) may ooze or leak from the incisions. This is generally normal. However, if the fluid is foul smelling, thick, or does not decrease in amount, call our office.

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
- Excessive swelling
- Fever more than 100.5° F or chills
- Redness outside the dressing
- Excessive bleeding (a bloody dressing)

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