**MASS / LESION EXCISION POST-OPERATIVE INSTRUCTIONS**

**Care of Incision**

Leave the dressing in place for 24 hours or as instructed by the physician at time of procedure. Once the dressing is removed, it is okay to shower. Do not scrub or rub the incision site. Allow the water to flow over the incision. Pat the area dry with a towel. If steri-strips (thin pieces of tape) are used, leave them in place until they fall off on their own. Do no submerge the incision for 1 week (no baths, hot tubs or swimming pools). You may apply Neosporin and a Band-Aid for 3 days.

**Comfort Measures**

For the first few days, it is common for the area around the incision to be swollen, discolored (black & blue) and sore. To help reduce swelling, applying and ice pack to the swollen area for 15 to 20 minutes as needed. Wear loose, comfortable clothing. We recommend the use of over-the-counter anti-inflammatory medication such as Ibuprofen (Advil, Motrin, Aleve) to minimize swelling, inflammation and pain. Take medication every 4-6 hours with food. If over-the-counter medications are ineffective, a narcotic pain medication prescribed by your doctor may be used in addition. Beware that some prescription pain medications can cause constipation, nausea or vomiting.

**Follow-up Office Visit**

You need to be seen in the office approximately two to three weeks after your surgery. You will be given this appointment when the date of your surgery has been set and it will be documented in the surgical paperwork mailed to you. This visit may include reviewing your pathology results, assessing the incision for healing and removing sutures.

**Activity / Return to Work**

You should plan to return to work the day after your surgery unless otherwise instructed. Limit your activities to what is comfortable for you and avoid trauma or strain to the surgical site.

**When to Call the Office**

Do not hesitate to call the office if you develop a fever (temperature greater than 101), shaking chills, bleeding or drainage from your incision, redness around your incision, persistent or increased pain or with any other problem that concerns you.