

POST OPERATIVE CARE MASS EXCISION

Post op care :

- May remove dressing day after surgery
- Keep wound clean and dry and apply new dressing if needed
- If there are steri-strips on the wound, do not remove. It is OK to get these wet
- If wound is on face, elevate head with an extra pillow when sleeping.
- Take pain medication as needed
- Take antibiotic as directed
- May shower day after surgery

What to expect:

- Swelling and bruising can occur up to 48 to 72 hours post-op. Swelling and bruising may occur in areas adjacent to area of excision
- Moderate discomfort – take pain medication as directed
- Constipation may occur if taking a narcotic for discomfort – increase fluid intake and use mild laxative or stool softener if needed
- Numbness, tingling, and sensitivity to physical contact may persist for several weeks or longer
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Follow-up:

- Follow up appointment 7-10 days post operatively
- Keep operative area elevated
- No heavy lifting, housework, or exercise until advised by Dr. Lohner to resume.
- Avoid sun exposure to this area for several months. Use sun block, brimmed hat, etc.
- Refrain from smoking for at least 10 days. Smoking slows healing and affects blood flow to wound.
- If wound is on the face, do not use make-up anywhere near the area until instructed to do so.
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DO NOT HESITATE TO CALL THE OFFICE WITH ANY QUESTIONS OR CONCERNS

Pain medication:_____

Antibiotic:_____

Follow-up:_____