

PREPARING FOR EXCISION OF SKIN LESION OR CYST

What to expect - You can expect to have bruising, swelling and some drainage from the excision site.

2 WEEKS BEFORE SURGERY

Medications - Discontinue Aspirin and Aspirin-like products, Ibuprofen (Motrin), Naprosyn (Aleve), Vitamin E tablets and certain herbs like Ginko Bilolba, St. John's Wort, Ephedra. If you take other herbs or vitamins, please phone our office. You may take Tylenol (Acetaminophen) for pain relief at any time.

Pre-admission appointment - The pre-admission appointment must occur prior to surgery, unless otherwise directed by your surgeon.

BEFORE SURGERY

Diet - Do not eat or drink after midnight the evening before surgery, unless otherwise directed by the anesthesiologist.

POST-OPERATIVE INSTRUCTIONS

FIRST 24-48 HOURS AFTER SURGERY

- Your greatest discomfort will occur the first 24-48 hours following surgery.
- During this time, take all medication as prescribed. It is helpful to take medication with crackers or toast to avoid nausea which may occur if taken on an empty stomach.
- Do not remove dressing unless otherwise instructed.

DIET

- If you are not nauseous you may resume your normal diet.

HYGIENE

- You may shower and wash as usual.

ACTIVITY

- Limit your activity to normal daily routine.
- Let the pain be the limiting factor. If it hurts, don't do it.
- Refrain from smoking for 6 weeks as smoking retards the healing process.

WOUND CARE

- The local anesthesia will last up to 8 hours.
- The incision site may ooze. You may hold pressure on this area with ice in a cloth 20 minutes on and 20 minutes off to help with this.
- If you have continual bleeding, please call the surgeon's office.
- If Steri-strips are in place, you may change them the next day if soiled. Then change only as needed.
- Apply Neosporin 2-3 times daily for 3 days.
- Use a Band-Aid to cover the area if possible. Keep covered until your return office visit.

NOTIFY YOUR DOCTOR IF

- If pain with swelling and continuous drainage doesn't subside.
- You have a fever of 101 degrees or more which lasts for 24 hours or longer.
- You develop any excessive swelling, redness or warmth of incisions.
- You experience excess pain not responding to prescribed pain medication.
- You develop thick, odorous drainage or bleeding that doesn't subside.

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