

POST OPERATIVE DISCHARGE INSTRUCTIONS

PROCEDURE: **Excision of Soft Tissue Mass**

ACTIVITY:

- No lifting anything greater than 10-15 pounds for two weeks following surgery.
- Walking around the house, office, working, climbing stairs, or driving is fine when you feel able.
- You may resume exercise such as running, biking, or using the treadmill one week after surgery. If any particular activity causes pain - STOP. You may try to resume the activity causing you discomfort or pain in an additional week.
- DO NOT drive a vehicle while taking pain meds.

DIET:

- Drink plenty of fluids
- Your appetite after surgery may be less than normal, do not force yourself to eat. Eat only when you feel hungry.
- Follow your diet as tolerated. Avoid greasy or fatty foods for the first two weeks after your surgery.

DAILY INCISION CARE:

- Your incision may be covered with waterproof dressing (Tegaderm).
 - Change the dressing if it fills with blood or fluid.
 - Gently clean the skin around your incision daily with mild soap and water.
 - Take the dressing off after two days post-surgery.
 - Please leave steri-strips or staples in place. These will be removed at your follow-up visit.
- If Dermabond (skin-glue) was used to cover your incisions, let it peel off when it is ready.
 - Do Not pick at it or attempt to remove prior to three days following your surgery.
 - It is OK to shower one day after surgery, if Dermabond was used.

COMMON PROBLEMS:

- You will have a bowel movement at home in the next few days. If you are unable to move your bowels, you can take any over the counter laxative or enema preparation.
- If you are taking narcotics for pain relief, you will need to take a stool softener.

CALL YOUR PHYSICIAN IF:

- You have chills or your temperature is greater than 101F
- You have new redness in the incision or increasing pain
- You have persistent bleeding, nausea, or vomiting

If you have any questions or concerns, please call contact your Physician's office at 661-467-1477