



SURGICAL CONSULTANTS  
OF NORTHERN VIRGINIA

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# Soft Tissue Surgery: Cysts / Lipoma / Lymph Node Biopsy / Melanoma

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## Post-op Expectations

- Some tenderness at surgical site is normal.
- There may be some redness around incision.
- Mild drainage is not uncommon.
- You may notice a bump under the incision. Providing the bump doesn't get bigger, no need to be concerned. Some fluid collection is normal.

**NOTE: You should be seen in the office for follow-up 1-2 weeks after surgery. Please call and schedule an appointment.**

## Instructions:

- Applying ice to surgical site may help with pain and swelling.
- If prescribed pain medication, use as directed. Otherwise, you may use over-the-counter medications like Advil, Motrin, Aleve or Tylenol for pain control.
- Remove dressing the morning after surgery.
- If surgical glue is present over incision, do not disrupt it.
- You may shower once the dressing is removed.
- Clean with mild soap and water. Pat incision dry.
- After showering, no dressing is needed unless wound is draining fluid.
- DO NOT apply any lotion or ointments to the wound.

## When to call the office:

- Persistent fevers over 101 degrees F (39 C)
- Pain that is not relieved by your medications
- Persistent nausea or vomiting
- Chills
- Purulent drainage (pus) from incision
- Worsening redness of wound