

Post- Operative Instructions for Excision of a Mass

Your incision is closed with either absorbable suture that is under the skin or with external stitches that are black and are visible underneath your surgical dressing.

If you have tape, gauze, and visible **external stitches**, you will need to come into office for post-op appointment about 2 weeks after your surgery for stitch removal. You may remove tape and gauze the day after surgery. You may then shower/bathe as normal, pat wound area dry, and recover with a bandage if necessary to protect your clothing from any drainage.

If you have a band-aid and white steri-strips, then you have **absorbable stitches** under the skin. This means there will be no stitches to remove post-operatively. You may remove band-aids the day after surgery. You may shower/bathe as normal with the steri-strips on. If the steri-strips are still at 2 weeks after surgery, you can peel them off. Sometimes, they come off a little easier in the shower with soapy water. If everything is going well and you are having no wound problems, you can call our office and do a post-op phone call. We understand how busy everyone is these days and we do not want to inconvenience you with an office appointment if everything is going well. You are definitely welcome to make an appointment if you would prefer to be seen in the office.

After subcutaneous masses are removed, there is an open space that is left. Our bodies naturally fill any empty space with fluid. This may appear as swelling, skin discoloration, and increased pressure in the surgical area. The size of the **fluid collection** is dependent on the size of the mass removed. Your body will reabsorb the fluid, but it may take a few weeks to completely go away. The fluid may drain out a little bit, if the pressure builds up enough to force an opening in the incision. There is no concern for infection as long as the drainage is clear, slightly pink or yellow tinged. If **drainage** becomes thick, like pus, or has a foul odor, please call our office.

You were prescribed **pain** and **nausea** medications to use as needed, as directed. If antibiotics were appropriate, take them as directed as well. Most people do not need prescribed pain medicine after a few days. Taking Advil or Ibuprofen is ok as well.

There are no **activity** restrictions for this procedure. You can resume any regular physical activity when you feel up to it. You may be sore at surgical site for a few days.