

*“Lumps & Bumps” Soft Tissue Excisional Biopsy*

**Post Operative Instructions**

**Wound Care:**

1. You will have an incision over or near the area that was biopsied.
2. Most of the time, all of your stitches are buried under the skin and skin glue is used to help hold the skin together. You can shower the day after your surgery and get your wound wet (it will be sealed by the glue), but avoid submerging the wound in water for three weeks.  
Rarely, I will use stitches that are not dissolvable and we will need to remove them in 10-14 days. In this case, please wait until the 3<sup>rd</sup> day after surgery to get the area wet, then you can shower and pat the wound dry. Avoid submerging the wound in water for three weeks.
3. You may have some bruising after surgery and this is normal.
4. There may be a small amount of drainage from your wounds; this is usually normal and nothing to worry about. Place a dry gauze or bandage (available at any drug store) on the wound to absorb any drainage.

**For pain:**

1. Ice packs to the area usually help (over your clothes).
2. You may take Tylenol or Advil every 4-6 hours as directed on the bottle.

**Work:**

1. If you would like, you may return to work the day after your surgery.
2. If you need a work excuse for the day of surgery or for any days thereafter, please let us know.
3. Avoid vigorous activities for the first two weeks; walking, low impact exercises and routine housework are all OK.

**When to call the doctor:**

1. If you have severe, uncontrolled pain at the biopsy site.
2. If you run a fever of 100.5°F or higher within a few days of the biopsy.
3. If you have a large amount of drainage that is soaking the bandage more than once a day.
4. If the area around your wound becomes red/inflamed.

My follow up appointment will be at the office.

Date:

Time: