

## Surgical Excision in the Operating Room Aftercare Instructions

### Surgical Site Care:

- Your surgical site may be closed with either stitches or surgical glue. Keep the wound dry today and remove the gauze dressing in 24 hours.
- You may remove the gauze dressing in 24 hours. You may shower normally with stitches or surgical glue in place. Allow soap and water to run across the surgical site, but do not scrub, or soak in a tub. Antibacterial soaps such as Dial may be used daily.
- **DO NOT** apply lotions, ointments, or creams to the incision or glue.
- Avoid picking at the surgical site, which increases risk of infection and scarring.
- If you have sutures, they will need to be removed in 1-2 weeks, as directed by your provider, but call sooner if you are concerned about your wound.
- If your site was closed with Surgical glue, the glue will peel off on its own, usually in 1-2 weeks.

### What to expect:

The surgical site may be sore, bruised, and slightly swollen. Slight redness, initial tenderness, and clear yellow discharge are normal.

### If you have Bleeding:

- Hold firm pressure on the site for 20 minutes continuously. **DO NOT stop** applying pressure to look at the wound. Repeat as needed.
- If bleeding does not stop, apply ice compresses and call our office (or report to the nearest emergency room).

### Pain:

- You may be prescribed a pain medication, take as prescribed.
  - If you are prescribed an opioid pain medication please begin a bowel regimen, as this medication can be constipating:
    - - **Colace 100 mg, 1 tablet**
    - - **MiraLax: 1 capful, in 8 oz of water**
    - Continue this bowel regimen 1 to 2 times a day, while taking narcotic pain medications, as they are constipating.
    - If your stools become loose, stop taking the Colace and MiraLax. Continue to monitor for constipation and resume use of Colace and MiraLax as needed.
- If you are allowed to take Ibuprofen (Advil), take 600 mg of Ibuprofen (Advil) every 6 hours as needed for pain, with food or milk.
- You may use an icepack (wrapped in a thin towel or pillowcase) for up to 20 minutes every hour as needed.

### Activities to Avoid:

- Avoid contaminated water (bathtub, pool, hot tub, lake, river, ocean,)
- Minimize activity that produces stress to the excision site, such as heavy lifting, or heavy sweating.

# BENRUS SURGICAL

AT BARNES-JEWISH ST. PETERS

## **Post-op Appointment:**

- Please refer to your Hospital Discharge Document for your post-op appointment time. If there is not an appointment listed, please call our office to schedule. Our phone number to schedule: (636)-916-7100, option 2.

## **When to call your Surgeon's Office...Office Number 636-916-7100:**

- Fever greater than 101.5 F
- If your incisions are reddened, hot to touch, swollen, or have foul drainage
- Excessive, unresolved pain that is not relieved by pain medication
- After-hours/Weekend/Holiday Exchange Phone Number: 1-833-660-3186

## **When to seek Emergency Care:**

- You have sudden chest pain or shortness of breath
- Unresolved, severe pain
- Excessive bleeding that soaks 2 or more large gauze dressings
- Any time that you think you need Emergency Care