



Removal of Soft Tissue Mass

Post-Op Instructions

Michael A. Zadeh, M.D.
www.zadehsurgical.com

Pain and Discomfort

- It is normal to have pain after your operation. How much pain you experience depends more on the individual than on the operation itself.
- You may be given a prescription for a narcotic pain medication. You can take one or two tablets every four hours. Call the office immediately if you experience itching or a rash and stop the medication. If you don't like the drowsy feeling these medications cause or you no longer need as much pain medicine, you can try ibuprofen (motrin or advil).
- If you are taking the narcotic pain medication regularly, make sure to also take a stool softener such as Colace or Metamucil, as the narcotics tend to cause constipation.

Wound and Dressing Care

- Your incision may have stitches that are located underneath the skin and cannot be seen, or over the skin which can be seen. On rare occasions your incision may be closed by small skin staples.
- On top of the stitches there may be steri-strips (small white strips of tape), or skin glue. Additionally the incision may be covered by a gauze dressing and tape or a plastic dressing.
- You may remove the gauze or plastic dressing 24 HOURS after your surgery. **DO NOT REMOVE THE STERI-STRIPS, SKIN GLUE OR STITCHES.** We will remove them during your post-operative visit in 7 days. If your stitches are located underneath the skin, they will dissolve on their own and do not require removal.
- If the steri-strips fall off, do not attempt to replace them. If we do not remove the steri-strips or skin glue during your post-operative appointment, then you may do so on your own 2 weeks after the date of your surgery.

- It is not uncommon to have some mild bleeding from the incisions during the first 24 hours after surgery. Do not become alarmed; simply change the Band-Aids or bandages as needed.
- You may take a shower 24 hours after surgery. It is OK to get the steri-strips or skin glue wet. Be sure to gently dry your incisions and replace the Band-Aids or bandages if needed.
- It is common for patients to notice some black and blue or maroon discoloration around the incision. This represents a small amount of blood and is normal. It should not alarm you. It is also common for this to only become apparent 2-3 days after surgery as blood in the tissues moves to the surface.
- You may also have some yellow, pinkish, or bloody looking fluid drain from your wound for the first few days after your surgery. This is normal and will decrease with time. Apply a dry gauze to the incision as needed.
- If your incision becomes red, hot and tender, you may have an infection. In that case call the office. You have been given antibiotics in the operating room prior to surgery, and unless discussed with you, you do not need them after surgery.

Follow-Up

Call the office after you get home to make arrangements for a follow-up appointment. Unless you or your family were instructed otherwise, this should be in 7-10 days.

Call the Office if You Experience:

- Significant bleeding
- Chills and/or fever greater than 101°F
- Pus or infection at the incisions
- Severe pain

Please remember that we are always available to take care of you and answer your questions. Do not view your calls as an inconvenience or bother to us. We want to help make your post operative period as easy as possible.