



## THE FEW INSTITUTE

for AESTHETIC PLASTIC SURGERY

### POST-SURGERY INSTRUCTIONS: SKIN LESION/SKIN TUMOR EXCISION

Once your surgery is completed, you must follow all the instructions given to you in order to heal properly and have a good outcome.

The following instructions are your obligation. Use this as a checklist of progress as you heal. Included are normal post-surgical experiences and key health considerations that may be a cause of concern.

#### TYPICAL POST-OPERATIVE SYMPTOMS

Typical symptoms and signs to watch for following the excision of a skin lesion or skin tumor include the following:

**Tingling, burning, redness, tightness at the surgical.** These are normal experiences as the skin, tissues and sensory nerves heal. Pain medication will help you cope with any discomfort. **Consistent sharp pain should be reported to our office immediately.**

**Shiny skin or any itchy feeling:** Swelling can cause the skin to appear shiny. As the healing process advances, you may also find a mild to severe itchy feeling at your wound sites. An antihistamine like Benadryl can help to alleviate severe, constant itchiness. **If the skin becomes red and hot to the touch, contact our office immediately.**

#### CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **A high fever, (over 101°) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.**
- **Any pain that cannot be controlled by your pain medication.**
- **Bright red skin that is hot to the touch.**
- **Excessive bleeding or fluid seeping through the incisions.**
- **A severely misshapen or swollen appearance at the wound site.**

**To alleviate any discomfort, and to reduce swelling, you may apply cool, not cold compresses to the wound site (ice not needed if wearing a compression garment).** Crushed ice or ice packs must be wrapped in a towel before being applied to the skin. Do not apply ice or anything frozen directly to the skin. Apply cool compresses for no longer than 20-minute intervals.

**DAY OF SURERY INSTRUCTIONS:**

- Resume daily activities as tolerated
- Take pain medication as directed
- If taking prescription medication, you may resume all medications immediately after surgery
- Sleep at 45 degree angle (2 pillows) for 1-2 weeks
- Keep incision clean and dry.
- Do not remove steri-strips (little white or brown tape strips)
- You may shower 24-48 hours after surgery.
- Do Not Drive while taking a narcotic medication
- You may switch to Ibuprofen 24 hours after procedure
- Do not lift, pull, or push anything heavier than 5lbs for 2 weeks post surgery
- No exercising for 14 days after surgery
- Schedule follow up appointment 3-5 days post surgery

To contact Dr. Few after hours, please call the answering service at 312-202-0882 , and press "0"