

## Post Operative Care: Excisional Surgery

1. After the surgery a pressure dressing will be placed over the incision site. This should be left in place until changed by the nurse at the postoperative check. You may shower after the dressing is changed, pat dry and replace tape if needed and apply antibiotic ointment as instructed. **No** baths, swimming or Jacuzzi's until sutures are removed.
2. It is common to have swelling, bruising and some redness at the incision site. Apply and ice pack for 15 minutes out of every hour while awake for the first day. Report significant bleeding that does not stop with 5 minutes of direct pressure, or increasing redness or pain during the postoperative period.
3. You may have mild to moderate pain at the incision site. You can take Tylenol. **Do Not** take Aspirin, Motrin, Advil, or Aleve as these may promote bleeding. Ask the physician or nurse about other medicines you are taking.
4. It is best to limit strenuous activity for the next 48 hours.
5. You will have an operative closure visit on: \_\_\_\_\_ at: \_\_\_\_\_
6. You will have a nurse postoperative visit on: \_\_\_\_\_ at: \_\_\_\_\_
7. Your suture removal is scheduled for: \_\_\_\_\_
8. If you are having any problems, please call:  
\_\_\_\_\_ Oceanside – 760-758-5340  
\_\_\_\_\_ Encinitas – 760-942-1311  
\_\_\_\_\_ La Jolla – 858-558-0677

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