

Post-operative information after Soft Tissue Mass Excision

You have undergone an excision of a soft tissue mass. The pathology will take 4-5 days to come back. Below are instructions and information as to what to expect.

Pain Medications:

- You will have some pain. I have prescribed a pain medication. Take this medication with food.
- Do not drive while on this medication. This medication may make you feel drowsy.
- Avoid taking Tylenol containing products while on this medication.
- It may also cause constipation. Drink plenty of water while taking it
- Unless you have a contraindication, you may supplement this medication with over the counter medications such as Advil or Aleve as directed on the bottle.
- Avoid alcohol intake while on prescription pain medication.

Dressings:

- Your stitches are internal and will not require removal.
- You have skin glue for dressing. Leave this on as long as possible.
- You may use an ice pack on your wound for 15 minutes on/15 minutes off for the first few days for comfort

Activity:

- Be active but don't overdo it. Take several walks a day over the next week.
- Avoid strenuous activity and heavy lifting
- Shower the day after your surgery. Do not scrub wound. Pat dry.

Diet:

- It is common to have a poor appetite and mild nausea after any surgery. Call Dr. Lundy if this does not resolve in 1-2 days. Follow a low fat diet.

Please call or go to the ER if:

You have severe pain, nausea, vomiting, bleeding or other discharge from your wound, fever > 100 degrees Fahrenheit, or any symptoms concerning to you

Follow up:

Please call in 1 or 2 days to make an appointment to see me in the office in 1-2 weeks. Please let me know if you have any questions or concerns. I hope you feel better very soon.

Additional Instructions:

David J. Lundy, MD

Patient Signature/Date

Witness Signature/date

_____/_____
David J. Lundy, MD

_____/_____
Patient Signature/Date

_____/_____
Witness Signature/date

303 814 8138

2352 Meadows, Blvd, Suite 220

Castle Rock, CO 80109