
POST OPERATIVE INSTRUCTIONS FOR OFFICE EXCISION

- **Activity limitations** include no strenuous exercise or swimming for 1 week.
 - Your **incisions** are closed with **dissolvable** sutures and covered with a steri-strip (small white strip over the incision). Overlying the steri-strip may be a gauze bandage. If present, keep the gauze bandage on for 24 hours. You may then remove the outer bandage and shower normally keeping the steri-strip in place. The edges of the steri-strip will begin to curl on their own. You may remove it in 7-10 days. If the steri-strip falls off sooner, do not be alarmed.
 - Avoid soaking your incision in a bath tub or hot tub for 1 week.
 - **Mild swelling** is to be expected within your biopsy site. You can expect the incision to form a **hard knot or ridge** beneath the skin. If you notice any areas of increasing warmth, redness, develop a fever or chills - please call the office at 303.449.3642.
 - It is normal to have some **discomfort** after the procedure. **Pain management options include:**
 - Advil (ibuprofen) 200mg tablets. Take 3 tabs by mouth every 8 hours as needed
 - Tylenol (acetaminophen) 325 mg regular strength or 500 mg extra strength tablets. Take 1-2 tabs by mouth every 6-8 hours as needed [do not exceed 3000 mg in 24 hours]
 - Norco (acetaminophen-hydrocodone) 325/5 mg tablets. Take 1-2 tabs by mouth every 4-6 hours as needed or as directed on bottle.
 - Other:
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- **Nausea and constipation** are common complaints when taking narcotic pain medications. If your doctor prescribed these, try to minimize your use of narcotic pain medications as soon as able. If persistent vomiting, fevers, or chills occur- please call the office at 303.449.3642.
 - It is recommended you **do not drive while taking narcotic pain medication**.
 - Our office will call you in 1 week to **follow up** and discuss your **pathology** if applicable. If you were instructed to schedule a follow up appointment, please call the office at **303.449.3642** to arrange a visit 1-2 weeks after your procedure.