



# General Skin Incision

## Post-Op Instructions



**PAIN:** You can expect some incision pain and stiffness following surgery. You may be prescribed narcotic pain medication. Take as directed for moderate to severe pain.

Once pain starts to subside, spread out how often you are taking pain medication, and eventually transition to over-the-counter Tylenol and ibuprofen. Common side effects of prescription pain medication are nausea and constipation. It is important to take it with food. If you experience constipation, you can try Miralax daily for three days.



**DIET:** You may resume a regular diet following surgery. You may have a scratchy throat or voice hoarseness from the endotracheal tube for the first day or two

and may prefer soft foods initially.



**SHOWERING:** You may shower 48 hours after surgery. It's okay to get water on your incision. If you have steri-strips, it's okay to get those wet. Do not rub or scrub the incision. After showering, pat the area dry.



**ACTIVITY:** No bending over, heavy lifting or strenuous activity for at least one week. We encourage you to be up and about after surgery to prevent blood clots in your legs

and lungs. You may gently turn your head side-to-side and up-and-down as tolerates without disrupting your sutures or skin glue.



**SURGICAL SITE:** Watch for increased redness, warmth, or swelling at the incision site. Some swelling is normal after surgery. It's okay to apply an antibiotic ointment

to the incision site twice daily if you have sutures. If you have skin glue or steri-strips, do not use antibiotic ointment until the glue or steri-strips have come off. For men, do not shave near the incision for two weeks.



### RETURNING TO WORK OR SCHOOL:

Typically, when prescription pain medication is no longer needed, you may return to work or school. If a doctor's note is required, please call our office to have one faxed.



**FOLLOW-UP:** If you have a drain, you will follow up in our office one to two days post op to have your drain removed by our nurses. You will follow up with your surgeon

in seven to ten days.



**PATHOLOGY:** If tissue was removed, it will be tested and reviewed by a pathologist. We may call you with the results or discuss your final results at your follow-up appointment.

### WE ARE HERE FOR YOU

Please don't hesitate to contact our nursing staff at 518-701-2085, if you have any questions or concerns. We are happy to assist you.