



## MINOR SURGERY DISCHARGE INSTRUCTIONS

Call at any time if you have questions or notice any signs of infection, experience a fever over 101 degrees, wound redness, increasing pain or swelling, or odorous, thick discharge. In case of emergency, please call 911 or go to the nearest emergency department.

### OPERATIVE SITE

There may be swelling and even bruising in the operative area(s). Apply an ice pack to the operative area(s) intermittently when you get home for the next 1-2 days. The ice pack should not be applied directly to the skin (place a cloth between the ice pack and the area). The ice pack should not be left in place more than 15-30 minutes at a time.

Bleeding from the wound, and even oozing, can be controlled by applying direct pressure to the area for 5-15 minutes. You may need to replace your dressing and/or repeat this process if bleeding starts again. If bleeding is persistent, please call the office.

Irritation around stitches is common, and should subside within 2-3 days after they are removed.

In minor surgery, we use the least invasive procedure available to help minimize scarring. However, some scar tissue will develop. As healing progresses, the appearance of the scar(s) will improve.

#### Skin Adhesive Dressing

No bandage is needed unless the incision starts to drain or ooze. Do not use ointment on the skin adhesive. You may shower the same day as your surgery, but do not soak the incision area(s) for 1-2 weeks.

#### Steristrip™ Dressing

DO NOT remove the Steristrip™ tape(s) from the incision. Keep the area dry for 24 hours. You may shower after this time, but do not soak the incision area(s) for 1-2 weeks. Please keep the dressing in place for 24-48 hours. Typically the tape(s) will fall off within 7-10 days. If you experience draining or the tape causes a skin irritation, please contact the office.

#### Packed Dressing

Change the outer dressing when it becomes moist. Change the packing per your doctor's instructions:

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Use additional dressing (gauze, Band-Aid®, etc) as needed to cover any drainage from the incision.

### AFTER YOUR PROCEDURE

Call the Lawrence General Surgery office at (785) 505-2200 at your first opportunity to schedule a follow-up appointment for 7-14 days after your procedure.

Follow-Up Surgery Appointment  
with Lawrence General Surgery: \_\_\_\_\_

## **PAIN CONTROL**

After the anesthetic wears off, pain medication may be needed. Begin taking pain medication as soon as discomfort begins and as directed thereafter. Pain medications may have side effects like nausea, vomiting and constipation. Please call the office if you have questions about your pain control.

Acceptable medications to take for mild pain are acetaminophen (Tylenol®) ibuprofen (Advil® or Motrin®) or naproxen (Aleve®). If you received a prescription pain medication from, review the instructions with your doctor or pharmacist.

DO NOT drive or drink alcohol while taking prescription pain medication.

DO NOT take ibuprofen (Advil® or Motrin®) or naproxen (Aleve®), if it bothers your stomach, you have kidney disease or you are taking Toradol (ketorolac).

DO NOT take acetaminophen (Tylenol®) while using other medications which also contain acetaminophen, such as Lortab or Percocet.

## **PATHOLOGY**

Biopsy results will be sent to your doctor within 2-3 working days. It may take additional days for your doctor to return to the office and review the results. As discussed prior to surgery, we will review your pathology with you by phone or in your follow-up surgery appointment.

## **PATIENT PORTAL**

These discharge instructions, plus other valuable information – visit summary, certain test results, FMLA or Return to Work forms, etc. – are available through My Patient Portal. You can access this site through our main web page at [www.lmh.org/my-patient-portal/](http://www.lmh.org/my-patient-portal/). You can also request appointments and ask your doctor questions through this secure, anytime access to personal health information.