



POST-OP INSTRUCTIONS: SKIN LESION OR LIPOMA REMOVAL

DRESSINGS

- If external sutures are placed, you may remove the bandage and get the sutures wet 24 hours after surgery. Do not scrub the sutures when showering. Re-cover sutures with band-aid and antibiotic ointment (if possible) for 1 week following surgery. Avoid getting ointment in eyes.
- If placed, do not remove skin tapes (butterfly tapes) for 2-3 weeks from your surgery or until they fall off.
- Return to office for suture removal as scheduled.

MEDICATION

- Pain meds should be taken with food to avoid stomach upset. Do not drive if taking pain meds.
- For patients with normal kidney function, we recommend taking 1000mg of Tylenol every 8 hours and 600mg of ibuprofen every 6 hours for 3 days post-op.

ACTIVITY

Avoid sports or heavy activities like running for 1 week following your procedure.

AVOID

- Do not smoke, vape, use nicotine gum/patches, or expose yourself to secondhand smoke for at least 6 weeks after your surgery.
- Direct sunlight will darken new scars. Avoid exposure of the scar for 6 months to avoid hyperpigmented scarring. Sunscreen with zinc oxide will help.

CALL OUR OFFICE if you get a fever of over 100°F or if your incision becomes red or hot to the touch.