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EXCISION LESION OR MASS  
POST OPERATIVE INSTRUCTIONS

PATIENT NAME: \_\_\_\_\_

1. Leave dressing in place for \_\_\_\_\_ days, then replace with a light dressing. If a clear bandage is present, Do NOT remove it unless it comes off on its own.
2. Do not wet the incision site for \_\_\_\_\_ days; afterwards you may shower or wash lightly. If skin tapes or skin glue are present leave intact if possible.
3. Apply ice pack to area as soon as possible to reduce post operative swelling.
4. Avoid heavy lifting or activity that may cause damage to the incision for 5-7 days post-op.
5. Notify Dr. Berlin of any elevated temperature of greater than 101, excessive pain, bleeding or swelling.
6. If pain medication has been prescribed, take with food.
7. Resume routine medications and diet.

FOLLOW-UP APPOINTMENT ON \_\_\_\_\_ AT \_\_\_\_\_

