

Post-Op Recovery Guide – (Excision soft tissue lesion)

Diet

- **Diet:** You can resume your regular, healthy diet immediately.
- **Hydration:** Drink plenty of liquids to stay hydrated.

Activity

- **Normal Routine:** You can usually return to light activities immediately.
- **Movement:** Change positions regularly and avoid lying in one place for too long.
- **Exercise:** Avoid heavy lifting or intense exercise that pulls on the incision area for 1–2 weeks.
- **Driving:** You may drive as long as you are not taking narcotic pain medication.

Pain Control

- **Pain Meds:** Take over the counter Tylenol or Ibuprofen.
- **Ice:** Use cold packs 3–4 times daily for 20 minutes during the first 2 days to help with swelling.

Wound Care & Showering

- **Showering:** You may shower within 24 hours after the procedure.
- **Cleaning:** Let water run over the site; do not scrub or rub the incision.
- **Dryness:** Gently pat the area dry with a clean towel.
- **No Soaking:** Do not submerge the wound in baths, pools, or hot tubs until the skin is fully healed.
- **Dressings:** If you have surgical glue or white tapes (Steri-strips), leave them in place; they will fall off on their own.
- **Bruising:** Some bruising and swelling around the site is normal and harmless.

When to Call for Help

Call the Clinic (661) 219-2643 if you have:

- Fever over 100.4°F.
- Drainage, pus, or increasing redness/warmth around your incisions.
- Pain that gets worse even after taking your medication.
- No bowel movement for more than 2–3 days.

Call 911 or go to the ER for:

- Chest pain or shortness of breath.
- Severe leg swelling or pain.
- Fainting or loss of consciousness.
- Continuous vomiting or inability to keep any liquids down.

Follow-Up: If you don't have an appointment, call the office within 1–2 days at **661-219-2643**.