

IN OFFICE PROCEDURE | HOME CARE INSTRUCTIONS

Medications (Do not take anything you know you are allergic to !!!)

- You may take Tylenol plain(acetaminophen) or Tylenol Extra Strength. Take dosages as directed on your bottle.
- You may take low dose aspirin(81mg) or NSAIDS (ibuprofen or Aleve or Advil) on their own or together with Tylenol as directed on your bottle.
- Do not take NSAIDS that are especially recommended for arthritis for the next 3 days. These are usually higher doses. Regular NSAID dosing may be done but can potentially lead to extra bruising or bleeding.
- Do not take more than the total recommended dose of Tylenol per day (24 hours)
- Resume your routine medications unless instructed otherwise.

Blood thinners

- Do NOT stop taking Plavix, Coumadin (Warfarin), Fragmin, or other oral or injectable prescription blood thinning medications. If you are on one of these, Dr. Sharpless will coordinate with the doctor who put you on this blood thinner for the proper timing for stopping the medicine before surgery and when to start back on the blood thinner after surgery.
- If you are just having a very small biopsy or a skin procedure that is not deep, Dr Sharpless may proceed with the procedure without stopping your blood thinner

Diet

- Resume regular diet as tolerated
- Stay well hydrated

Activity

- Numbing medicine or local anesthetic will have been used for your procedure. This will give you pain relief for up to 6 hours.
- Avoid vigorous activity especially with the body area operated on or lifting more than 10 lbs for 24 to 48 hours, sometimes up to one week.
- Resume normal activities in 24 hours. Your body will tell you if you are overdoing it- then please take it easy and rest.
- Remove outer gauze bandage if you have one and shower tomorrow. Pat the incision area(s) dry- do not rub.
- Do not submerge the incision underwater until your doctor tells you it is all right.
- Keep Steristrips for 7 days if you are not having a skin reaction to them. Trim the ends as the strips curls up. If removing the strips, do it slowly in the direction of the cut. Call the office if

you are unsure what to do. You may reapply new Steristrips for longer of desired- this can help to minimize scarring.

- For moderate pain: Apply an ice pack on and off for 15 to 30 mins at a time as often as every 1-2 hours for relief of discomfort. This feels best the first 3 days and then alternating with heat to the area may feel better. Take care not to burn the skin.

Reactions to expect

- Swelling at all incision sites- will take days to go away
- Minor to moderate discomfort includes shooting pains, aching, burning, some possible skin numbness
- Small amount of possible blood tinged or clear yellow drainage from the incision(s)
- Possible bruising (especially in your breast area) for at least one week; more bruising is seen if you have been on prescribed blood thinners.

Notify Dr.Sharpless if you have any of the following

- IF YOU CANNOT REACH DR. SHARPLESS, THEN GO TO THE NEAREST EMERGENCY OR URGENT CARE IF YOU FEEL YOU NEED IMMEDIATE ATTENTION.
- Severe pain
- Blood draining from the wound
- Area of surgery is a lump that is getting bigger and bigger over a few hours
- Fever over 100.5 after 3 days
- Shaking chills
- Ongoing nausea/vomiting
- New rash
- Any other symptoms you are worried about
- Shortness of breath or fainting, severe allergic reaction- call 911, go to the nearest ER then call Dr Sharpless

Follow Up

- Call Dr. Sharpless with any concerns or questions.
- Dr. Sharpless will call with your final pathology report in about one week. If you have not heard in that time, call the office. Delays in your report can happen due to more intense or extensive analysis needed – this is so that the most accurate report is obtained. We understand that waiting for the results can be very stressful. Please be patient. Thank you.
- Call the office to schedule an appointment in 1 to 2 weeks. You will be given a copy of your pathology report at your followup visit.
- If you have nylon sutures that do not dissolve then they will be removed in about 10 days. Stitches in areas of tension or if you are on prednisone will be removed in 14 days.