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Recovery/Post-operative Instructions
Mass Removal

If you smoke or vape, consider quitting to support wound healing and recovery.

DIET & BOWEL CARE

Resume bland, non-greasy, non-spicy foods in small portions the day of surgery. Drink plenty of fluids (water, juice, broth, sports drinks). To prevent constipation, start Colace (Docusate Sodium) 100mg twice daily the day before surgery; stop after your first bowel movement. **TAKE WITH 12 OZ COLD WATER** If no bowel movement in 2–3 days, use a Fleet Enema. **NO STIMULANT LAXATIVES**

MEDICATIONS

Pain: You may receive narcotics (Percocet, Oxycodone, Ultram, Vicodin, Tylenol with Codeine) and anti-nausea medication.

- *Do not drive or drink alcohol while on narcotics.*
- Take with food to reduce nausea. Benadryl may help with itching (if no rash).
Regular Meds: Resume your regular medications the evening after surgery or the next morning unless instructed otherwise. Complete any prescribed antibiotics.

WOUND CARE

- No showering for 48 hrs. No tub or pool soaking for 2 weeks.
- **Staples:** Removed at your follow-up.
- **Steri-strips:** Leave on until they fall off naturally.
- **Skin glue:** Let wear off on its own—do not scrub.
- **Drains:** Follow instructions provided if applicable.
- **Ice:** Apply over incisions (10 min on/off) for the first 48 hrs while awake.
- Bruising and soreness are normal during healing.

ACTIVITY

Walk several times daily to improve circulation and recovery. Stairs and light walking are okay.

- **No lifting/pushing/pulling >10 lbs** or aerobic activity until cleared at follow-up.
- Return to work/school when you feel ready, with restrictions.
- **No driving for 72 hrs post-op or while taking narcotics.** Resume only when you can safely operate a vehicle.

CALL 561.333.1335 IF YOU EXPERIENCE:

(After hours/weekends: doctor on-call)

- Fever >101.5°F
- Chest pain or difficulty breathing
- Redness >¼", pus, drainage, or bleeding at wound/IV site
- Worsening incision pain or abdominal swelling
- Vomiting or inability to urinate (may require ER visit)
- Any other concerns about your recovery

FOLLOW-UP VISIT

Call 2–3 days after surgery to schedule your follow-up visit for 14–21 days post-op.

Contact our office with any questions: **561.333.1335**