

**Surgery Center of Pinehurst**  
**Home Instructions after Excision of Soft Tissue Lesions**

**Activity:**

You may resume your normal activities as soon as you are able.

**Diet:**

You may resume your normal diet with no restrictions. Remember to drink plenty of fluids to avoid constipation while on pain medication.

**Medications:**

Follow instructions carefully. Pain medications should be taken with food to minimize side effects such as nausea and vomiting. Pain medication may also dehydrate/constipate, so drink plenty of fluids. Please do not drive a car or operate machinery as long as you are taking narcotics.

Upon discharge, a medication reconciliation sheet of all your current medications will be given to you and reviewed with you by the Surgery Center of Pinehurst.

**Care of Dressing:**

If your incision is covered with a clear covering called Derma Bond, it will require no care. You may shower in the am.

**Appointment:**

Please keep your scheduled appointment. If your scheduled appointment is inconvenient for you, please call my office and we will reschedule you for a more convenient time.

**Please call my office at 295-0882 if you have any questions or problems.**

---

**Dr. Washington**  
**Office: 910-295-0882**