

**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 235-9778 if you have any questions or problems.

Dr. Sanders

Office: 910-235-9778