

**Dr. Olivia M. White**  
**MDH General Surgery**

**LESION/MASS REMOVAL POST OP CARE**

- *Dissolvable stitches:* Your stitches are dissolvable and located under the skin, they will not be removed. Treat skin glue like a scab. It will peel off in 10-14 days. You may shower today; do not soak the incision under water in a bathtub/pool for 2 weeks.
- *Staples/external stitches:* Leave surgical bandage in place for 48 hours. After 48 hours, you may remove your bandage and shower; do not soak the incision under water in a bathtub/pool for 2 weeks. Your staples/stitches will be removed at your follow up visit.
- Use acetaminophen 1000mg every 6 hours alternated with ibuprofen 600mg every 6 hours as needed for pain control. Call the office if you are having uncontrolled pain.
- Use ice packs as needed for pain/swelling.
- You have no activity restrictions.
- You have no dietary restrictions.
- Call the office if you experience the following: fever >101.5F, worsening pain or swelling, excessive bleeding or drainage from your incision/wound.
- If you have concerns after hours, you may reach the on-call surgeon by calling McDonough District Hospital at (309) 833-4101.
- Dr. White's office phone number: (309) 833-3706