



### POST-OPERATIVE INSTRUCTIONS

1. A dressing has been placed over the excision site. Leave this in place for 24 hours.
2. Starting tomorrow, follow these instructions: Remove top layer (white dressing). Leave the remaining clear waterproof dressing in place, if possible, until your follow up appointment in 10 days. At this time you may shower as normal.
3. Some minor bleeding is common; a small accumulation of blood may be present under the clear dressing. If bleeding is active, apply continuous pressure to the area for 20 minutes by the clock without peeking. If after that, the bleeding does not stop, call 860-388-9799. If the office is closed, follow the instructions given on the recording for contacting the on-call provider.
4. If you are having problems related to your treatment that cannot wait until your next appointment, call 860-388-9799 and ask to speak to the provider on call.
5. You may take Tylenol for pain as directed on the package. A small amount of pain or discomfort is normal for this procedure.
6. Avoid heavy lifting or exercise for 2 weeks or as instructed by your provider.