

**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.

**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:**

You may remove your outer bandage in 24 or 48 hours and at that time you may shower. Take your blow drier and blow warm air on the steri-strips. You can remove the steri-strips in 5-7 days.

**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 910-235-4023 if you have any questions or problems.**

---

**Dr. Chu**