

## Post-Operative Instructions for Soft Tissue Mass Excision

### ❖ Pain and Swelling

Pain around the site of the incision is normal and expected. Fluid can accumulate in the space where the tissue mass used to be. This is particularly true if the mass is large. Feeling of fullness in the area, is therefore, nothing to be alarmed about. Depending on the amount of fluid present, it can take several weeks or even a few months for the fluid to go completely away.

### ❖ Constipation

Due to anesthesia and pain medication, you may experience constipation. Minimize use of opioids and use Tylenol or Motrin instead. Drink plenty of fluid. If constipation is severe, you may take over the counter stool softeners (Dulcolax suppository).

### ❖ Diet

You may be on a regular diet.

### ❖ Activity

You need to walk around as much as possible.

### ❖ Bathing

You may remove the band aids in 48 hours and shower. Leave the steric strips in place. These will come off in a week or two. Do not swim or do the tub for 7 days.

### ❖ Follow-up

You will need to see Dr. Simone for a follow-up appointment in about a week after your surgery. Please call our office for an appointment if you have not already scheduled one. If you have any questions, feel free to contact our office at **817-748-0200**.

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