

# Minor Skin Mass Removal Discharge Instructions

## Diet/Nausea

Follow guidelines outlined in the [general anesthesia handout](#).

## Site care

You may bathe and gently wash the area the following day after surgery; pat the incision area gently to dry. If the incision is in the hairline, you may also gently wash the hair. There is no need to apply topical antibiotics (such as Neosporin) to the area.

Stitches are absorbable and will not need to be removed. There may be Steri-Strips over the incision. Leave them on until your follow-up visit in 10-14 days. Steri-Strips stick to the skin; do not remove them. If they fall off, you don't need to replace them.

## Pain/Comfort

Regular acetaminophen (Tylenol) is generally adequate for any discomfort. If needed, you may be sent home with a prescription-strength pain reliever.

## Activity

Regular quiet activity is fine; avoid strenuous activities, such as running or jumping, for a few days to allow the incision to heal. You also should avoid swimming until your follow-up visit, unless otherwise instructed by your surgeon.

## Urinary

Following any surgery, you should be able to urinate (pee) within 6 - 8 hours. If you're unable to do so, contact the hospital as instructed below.

## Questions or Problems

Contact Telehealth Nursing at 651-229-3890 if you see any of the following:

- Fever over 101.5 F
- Throat irritation
- Severe pain

[Make An Appointment 651-290-8707](#)

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at [651-229-3890](#).