

## **OPERATIVE INSTRUCTIONS**

### **Lipoma Excision**

**Michael F Shepard M.D.**

**(714) 634-4567**

#### **1. First Post – Operative Day**

- A. Continue ice pack every one to two hours while awake.**
- B. Pain medication as needed.**

#### **2. Second Post – Operative Day Until Return Visit**

- A. Continue ice pack as needed.**
- B. You may remove your bandage from the surgical area and shower this evening. You will need to keep your op site(s) dry by covering wound with water-proof bandages (these can be purchased at your local pharmacy) when taking a shower. Do this for about ten days from surgery or until op site(s) is completely scabbed over and sutures are removed. Do not remove steri strips because these keep the incision closed and stitches in place.**
- C. You may weight bear as tolerated in the brace. Use your crutches to further enhance your balance. You will walk with the brace locked in extension.**

#### **3. Suture Removal**

- A. Your sutures need to be removed 10 - 14 days from surgery at your first post op visit. Rehab should start after your first visit.**

#### **For Return Appointments**

- 4. Your 1<sup>st</sup> post-op visit will need to be scheduled for 7 - 10 days after surgery.**
- 5. If you have any problems or questions please call our office at (714) 634-4567 and ask for Carmen Pasillas during offices hours 8:00-5:00. If you have a problem after hours the answering service will contact Dr. Shepard.**
- 6. Any activity that requires precise thinking and accuracy must be avoided for the first twelve hours after surgery and while taking pain medication, which includes operating machinery and/or driving a vehicle.**