



## WIDE LOCAL EXCISION SURGERY

These instructions will help you take care of yourself at home.



### DIET

Start with clear liquids after you reach home. Wait about 45 minutes and if you do not feel sick, try bland foods first and then progress to your usual diet.



### ACTIVITIES

Rest today. Avoid any straining or exertion, especially any action that causes tension or stretching of your wound.



### SPECIAL CARE NEEDED

Keep your bandage on for 48 hours (2 days). Keep it clean and dry, then you may remove it and take a shower. Underneath the dressing there will be tape strips on the skin. Leave these steri strips on and let them wear off.



### INFECTION

Watch for any sign of infection after surgery: **fever, chills, increased pain, redness, swelling, or foul smelling discharge from your wound.** Call your doctor at the first sign of any infection.



### WHEN TO CALL YOUR DOCTOR

Call 434-924-0000 and ask for "Resident on call" for Dr. \_\_\_\_\_ if:

- No urine output eight (8) hours after surgery
- No bowel movement in three (3) days
- There are signs of infection as above
- Vomiting lasting more than four (4) hours
- Large amount of bleeding or swelling

**Call 911 if you have chest pain or shortness of breath**