



SURGICAL RESECTION POST-OPERATIVE DIGITAL INSTRUCTIONS



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device to read comfortably*

FOLLOWING THE POST-OPERATIVE RECOMMENDATIONS PREVENTS POSSIBLE COMPLICATIONS SUCH AS: pain, infection, bleeding, wound opening, bruising, poor healing, and allergic reactions. For these reasons we recommend that you consider the following:

1. Wound care

In order to have a quick and less visible healing process, it is important that the wound is kept with a bandage until the sutures have been removed. At the end of the procedure, we will put the pressure bandage on, which must remain dry and in place until stitch removal day or until your treating doctor recommends it. Please do not remove this bandage.

2. Suture removal

When wounds are sutured, stitches are usually placed to close them inside the skin and on the surface of the skin. The surface sutures will generally be removed in one or several weeks after the procedure according to the instructions that the doctor or nurse provide the day of the intervention. By removing these superficial stiches, the skin can sometimes appear swollen; This redness will diminish after a few weeks. The spots inside the skin absorb themselves over a period of 3 to 6 months. Occasionally, you will be able to feel these stiches as small balls for a few months until they are completely absorbed. It is important to be clear that this is a stich of the suture and not a recurrence of the tumor. Occasionally, one of these internal stiches can become superficial before the body absorbs it, if this happens, call us to remove this internal stich. At the suture removal appointment, the supporting physician or nurse will

determine whether all sutures should be removed or whether only a few stitches should be removed and healing performed. You will be reviewed by staff at our Institution until your wound has healed. Upon leaving the surgery, you will be given information about the date and time that you must attend for suture removal, healing and / or follow-up.

3. Bleeding

It is very common for the skin site that has been treated to bleed, especially the first 2 days after the procedure. The risk of bleeding increases if efforts are made, such as exercising, lifting heavy objects, cleaning the house, sweating or staying in hot and humid places, so it is recommended that the first days after the procedure, you rest at home.

If, despite following these recommendations, you experience bleeding, keep calm and note that this, in most cases, can be controlled simply by performing constant direct pressure with a clean gauze pad or a napkin, for a period of 20 minutes. If the bleeding continues, repeat the same procedure again for an additional 20 minutes. If after completing this period there is still bleeding, contact us at the supporting physician's cellphone: 323 225 1183, Monday through Friday from 7:00 a.m. to 6:00 p.m. and Saturdays from 8:00 a.m. at 1:00 p.m. In case you consider that it is an emergency, you should go to the nearest emergency department.

4. Pain

At the end of the procedure, you will be given a medical prescription with medications to prevent and treat your subsequent pain. Purchase these medications preferably before

the first two hours after the procedure, so that you take the first dose before you feel pain. In most cases, the medicine to be prescribed is acetaminophen (available if you need it from our pharmaceutical service). Keep in mind that the maximum that can be taken from this medication is 2 tablets of 500 mg every 6 hours. If you still have pain despite this dose, please contact us. Avoid medications like aspirin, ibuprofen, naproxen, as well as drinking alcohol, in the first 48 hours after the procedure, because this can increase the risk of bleeding.

5. Inflammation, swelling

The presence of swelling in the treated site and in the skin surrounding is common after performing a procedure. To decrease it, put ice in a plastic bag, close the bag so you don't get wet and apply it directly on the bandage for a time of approximately 1 minute every hour during the first day. This measure will also help so that there is no bleeding or pain.

Caution: do not directly place ice on skin to avoid burning.

In case bruising appears, remember that this will take approximately two (2) weeks to resolve.

6. Do not smoke

To increase the chance that the wound will heal under the best conditions, it is very important that you stop smoking, at least until the sutures are removed.

7. Indications for showering

You can start bathing the day after the procedure, but you must

leave the bandage that is covering the wound: don't remove and keep dry and should arrive this way for the suture removal appointment.

8. Warning signs

If after the following days after the procedure you have fever (identified with a thermometer), chills, redness and heat at the wound site, or leakage of purulent material, please contact us at the cell phone of the supporting physicians: 323 225 1183 from Monday to Friday from 7:00 am to 6:00 p.m. and Saturdays from 8:00 a.m. to 1:00 p.m. In case you consider that it is an emergency, you should go to the nearest emergency department.

Patient's follow up

- After the procedure, you will come to suture removal in approximately 1, 2 or 3 weeks, according to the case. The exact date will be informed at the end of the procedure through an appointment reminder paper, along with your medical formula, medical history of the procedure and temporal disability (if you need one).
- If you have any complications in the days following the procedure, you can contact us on the support clinic's mobile phone line: 323 225 1183, at the times indicated above. In case you consider that it is an emergency, you should go to the nearest emergency department.

- At the suture removal appointment, you will be attended by the nursing staff or the support physician to remove the sutures and / or perform regular healings in our Institution. An appointment will be assigned for each wound healing session.
- Once your wound has healed, a scar follow up appointment will be scheduled by the doctor who performed the procedure, in approximately 1-2 months.

Please report any adverse event, incident or complication, through any of the following:

- Directly with our staff.
- Supporting physician cell phone: 323 225 1183
- Calling the phone (+574) 444 35 37 extensions 106 and 112.

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