

## Excision of Lipoma

### Before Surgery

- The time you take off work depends on your job and the location and size of the lipoma. Plan to take it easy for a couple of days. Talk with your doctor about this.
- Do your household and outdoor chores ahead of time, or make plans for someone to help you.
- Plan things that do not require a lot of standing or lifting.
- Have meals ready that are easy to prepare.
- Plan for someone to help you with your children for a couple of days, if needed.

### After Surgery

You will most likely have dissolvable stitches with a few Steri-strips (white pieces of tape) over the incision. They will fall off in about 5 days. Do not pull them off.

- You may shower. Avoid soaking the incision in water (no tub baths or swimming until healed).
- Do not do activities that pull on the incision.
- Wear loose fitting clothing for a few days.
- Plan for rest, but also move around the house as much as you can. You can resume your normal routine when you feel ready. Do not drive while you are

taking narcotic pain medicine.

- Do not do any strenuous exercise until you see your doctor at your first clinic visit.
- Do not do heavy lifting. This will depend on the location of the incision.
- There may be small areas of bruising.
- Check your incision daily for signs and symptoms of infection: increased redness or swelling, red or hot incision, foul smelling drainage, or a fever over 100.4°F.
- Plan to visit your doctor in about one week.

### Call your doctor for

- Fever over 100.4°F for 2 readings taken 4 hours apart
- Excess swelling
- Increased redness at incision site
- Bleeding or pus from incision
- Increase in pain

### Phone Numbers

#### General Surgery Clinic (608) 263-6420 option 4

After hours and weekends, ask for the doctor on call for Dr.

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Leave your name and phone number with the area code and you will be called back.

**Toll free Hospital Number: (800) 323-8942**