

## Excision of a Mass or Lump

### Before surgery

The time you take off work will depend on the size and site of the mass or lump.

- 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 with your children for a couple of days, if needed.
- Plan to have someone drive you to and from your appointment.

### After surgery

- You will most likely go home the same day. If medicine was used to help you relax, you should not make important personal or business decisions until the next day.
- You may shower. Avoid soaking the incision in water (no tub baths or swimming).
- Wear loose fitting clothing for a few days.
- Plan for rest, but also move around the house as much as you can. You can return to your normal routine when you feel ready.
- Do not drive or do strenuous workouts until you see your doctor at your first clinic visit.

- There may be small places of bruising at your incision site.
- 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.

### When to call your doctor

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

### Phone numbers

Your doctor's office phone number is **(608) 263-7502**. This is a 24-hour number.

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

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 Leave your name and phone number with the area code. We will call you back.

### Toll free hospital number:

**(800) 323-8942**

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright ©9/2017 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#4763