



Post-Operative instructions for Mole or Mass removal

Call and schedule your post-op visit to occur approximately 7-10 days after surgery.

Wound care:

- 1) Remove outer dressing 24 hours after surgery,
- 2) You may take a shower 24 hours after surgery. No swimming, soaking in bathtub or hot tub for 14 days after surgery.
- 3) You will feel a thickening of the skin and surrounding tissue for several weeks to several months after surgery.
- 4) Antibiotics need to be taken as prescribed until they are complete.
- 5) Dressings should be changed daily and more often if they become wet or soiled.

Activity:

- 1) Normal daily activities are encouraged.
- 2) No driving until you are pain free and no longer using your pain medication.

Pain Control:

- 1) Over the counter Motrin / Ibuprofen is adequate for pain as directed on the bottle.

Smoking:

Smoking can cause a multitude of problems for a surgical patient, including the non-healing of a surgical incision and an increased rate of post-operative infection. Please do not smoke for two weeks prior to and two weeks after surgery.

Call our office if:

- 1) You have a temperature of 100.5 degrees or higher.
- 2) You have excessive bleeding.
- 3) Your pain is not controlled with your pain medication.

Memorial Hermann Sugar Land Location:	17510 W. Grand Parkway S., Suite 490 · Sugar Land, Texas 77479
Methodist Sugar Land Location:	16651 Southwest Freeway, Suite 360 · Sugar Land, Texas 77479
Memorial Hermann Southwest Location:	7777 Southwest Freeway, Suite 810 · Houston, Texas 77074
Memorial Hermann Katy Location:	23920 Katy Freeway, Suite 410 · Katy, Texas 77494
Memorial Hermann Memorial City Location:	920 Frostwood, Suite 620 · Houston, Texas 77024
Memorial Hermann Cypress:	27700 Northwest Freeway, Suite 330 · Cypress, Texas 77433
St. Joseph Hospital	1315 St. Joseph Pkwy Suite 1708 · Houston, TX 77002
Pearland Kirby Medical Plaza Location:	10970 Shadow Creek Parkway, Suite 220 · Pearland, Texas 77584
Woman's Hospital:	7400 Fannin Dr., Suite 700 · Houston, Texas 77054
Central Business Office:	13811 Murphy Road · Stafford, Texas 77477