



## **Discharge Instructions for Cyst / Lipoma**

### **After Surgery**

- Pain is expected after your surgery. Your provider might prescribe you a narcotic medication that will help with your pain. Please use as directed and if not needed, don't take it. If the pain medication that is prescribed to you is not helping, please call the office at 816-525-2840.
- Right after surgery and while on pain medication we ask that you use medications to prevent constipation:
  - Senna-S 2 tablets twice a day.
  - Miralax 17gm twice a day.
- Please avoid the following:
  - Driving / working / big decision making while taking narcotics.
  - Soaking in a tub / hot tub / any water for 2 weeks after your surgery date.
  - Swimming for 2 weeks after your surgery date.
  - Heavy lifting (no more than 15 lbs.) for 2 weeks after surgery date.
  - Strenuous activity for 2 weeks.
- You may return to light-duty job when pain allows, if you are no longer taking narcotics.

### **When should I contact my doctor after surgery? 816-525-2840**

- Fever 101° or greater.
- Pain that is not relieved with pain medication.
- Redness, bleeding, and/or foul-smelling drainage from the incision area.
- Pain/redness in either calf.
- Persistent nausea and/or vomiting.
- Severe diarrhea or bloating.