

## When Should I Seek Medical Attention?

You should seek medical attention if you experience any of the following:

- Fever of more than 38 degrees Celsius
- Severe pain at the wound not relieved by pain medication
- Redness, swelling or discharge from the wound(s)
- Stitches give way

## Where can I Seek Medical Attention?

- You may call TTSH General Surgery Specialist Clinic 2A/2B during  
\*Office hours at 68894258 / 68894259, or 68894242 to schedule for an earlier appointment with your surgeon
- After office hours, you are advised to seek treatment at the Emergency Department, Basement 1, TTSH
- You may also wish to proceed to your nearest Polyclinic or family doctor

### \*Office hours:

Monday - Friday: 8 am – 5 pm

Saturday: 8 am – 12 noon

Sunday & PH: Closed

## Department of NURSING

# Excision Biopsy of Lumps Post-Surgery Instructions



## Discharge Instructions After Your Excision Biopsy

These instructions provide general information and advice after your excision biopsy. These guidelines are not exhaustive and taking these precautions may help to reduce risks and complications.

### Post-anaesthetic Instructions

You should not do the following activities within 24 hours after anaesthesia/surgery:

- Driving a vehicle
- Operating any machinery or dangerous tools
- Performing any task that requires skills, co-ordination or judgement, e.g. financial transaction, legal documentation, ATM withdrawal, etc.
- Drinking alcohol or take medication such as sleeping pills, tranquilisers, etc.

### Body Positioning

- You should lie in any comfortable position and to avoid pressure on the area you have operated on.

### Pain Management

- Pain after surgery is usually mild and can be relieved with the prescribed painkillers. You should take your pain medication as prescribed.
- Please **stop taking** the medication if you experience signs of allergic reaction such as:
  - Skin rashes
  - Breathing difficulty
  - Swollen eyes / lips / face
- Seek medical attention from your general practitioner / Emergency Department if you experience any of these side effects.

### Diet

- There is no restriction to your diet.

### Wound Care

- You may shower the next day after your surgery, as the dressing is waterproof
- You may remove the dressing of the wound(s) after a few days. It is perfectly safe to leave the wound(s) exposed and to wash it with soap and clean running water
- Observe the wound(s) for any signs of infection, which include redness, swelling, pain, tenderness and discharge from the wound. Mild redness and pain at the wound sites are expected post-operation. However if it is persistent and progressive, or if there is any discharge from the wound, you are advised to seek medical attention immediately
- In most cases, the skin stitches used are absorbable and do not need to be removed. Otherwise, you will be advised accordingly if your stitches require removal. If in doubt, check with the medical team prior to discharge
- An appointment will be given to you to return for a follow-up consultation

### Physical Activity

- It is advisable to maintain a comfortable level of physical activity after returning home such as brisk walking or light household chores if the pain is tolerable
- It is not advisable to engage in strenuous exercise or lifting of heavy objects in the first 3 – 4 weeks after surgery