

DERI M. LEWIS M.D.
General Surgery & Surgical Oncology

7777 Forest Lane, Suite C-522
Dallas, Texas 75230
(972) 566-5880

**POST-OP INSTRUCTIONS FOR WIDE LOCAL EXCISION &/or SENTINEL LYMPH
NODE BIOPSY FOR MELANOMA**

Because most patients don't require overnight nursing care after a wide local excision and/or sentinel lymph node biopsy, day surgery is the ideal setting for this procedure. These facilities provide excellent care without the inconvenience and expense of an overnight stay. After your surgery, you will recover comfortably at home with your family. Should admission to the hospital be required, for whatever reason, you will be admitted and stay as long as needed.

To insure a smooth recovery after surgery, follow these general guidelines:

- An adult should be with you the night after surgery.
- You will be given a prescription for pain medication. This provides adequate relief, although some discomfort is to be expected.
- You may shower immediately after surgery. No swimming, hot tubs, or tub baths for 1 week.
- Call if you notice excessive swelling, severe pain, inflammation, drainage or temperatures above 101. These may be signs of infection or bleeding. Occasionally, minor bruising will occur around the incisions – this is normal.
- Aerobic activity may be resumed when you feel ready. As a general rule if an activity causes pain – STOP.
- Questions often arise – please feel free to call.
- If you have a drainage tube, please keep a record of the daily output. The drain will be removed when the output is less than 10cc in a 24 hour period.

