



THE STERNBERG CLINIC

surgeons who listen

2100 Webster St, Suite 400
San Francisco, CA 94115
Tel: 415.417.3377
Fax: 415.851.4455

POST-OPERATIVE INSTRUCTIONS after removal of a LUMP, BUMP, LIPOMA, or DEVICE

- Some nausea on the day of your surgery is common. Drink plenty of fluids and eat lightly. Bland food is usually best at first. Avoid heavy, spicy, greasy, or large meals the day of surgery.
- The day after surgery you may engage in those **activities** that you feel comfortable performing, and within 3 to 4 days resume all normal activities unless instructed otherwise. The rule of thumb is: “**if it hurts, don’t do it.**” Activity that does not cause pain is ok. Avoid activity that causes pulling on your incision for around a week.
- Do not drive, operate machinery, or make important decisions on the day of surgery or while taking narcotic pain medications.
- A sore throat after anesthesia is quite common and will usually subside in day or so.
- For pain relief, your doctor has prescribed a narcotic (Oxycodone or Hydrocodone) and, sometimes, a NSAID (ibuprofen). It is safe to take them together as prescribed. Avoid Tylenol/acetaminophen as your prescribed narcotic already contains this medication. **Taking more may be dangerous!** If you have only mild pain, and are not requiring narcotics, then it is safe to take Tylenol alone.
- An ice pack over the wound helps cut down on pain and swelling.
- You may remove the outer gauze dressing (if there is one) on the first day after surgery and shower. Small pieces of tape covering your incisions should be left in place for 2 weeks or until they fall off. These are called ‘Steri-Strips’ and they help support your incisions as they heal.
- If surgery was done on your arms or legs, it’s best to keep that extremity elevated as much as possible for 24 to 48 hours.
- Call to make a postoperative appointment with Dr. Sternberg in two weeks.

NOTIFY MY OFFICE IMMEDIATELY, IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **TEMPERATURE OVER 101° FAHRENHEIT**
- **PERSISTENT NAUSEA OR VOMITING**
- **BLEEDING NOT CONTROLLED BY APPLYING STEADY PRESSURE TO THE AREA FOR 20 MINUTES**
- **SPREADING, PAINFUL REDNESS AROUND THE INCISION**
- **EXTREME PAIN NOT RELIEVED BY PRESCRIBED MEDICATION**
- **INABILITY TO URINATE FOR 8 HOURS AFTER SURGERY OR PASSING VERY SMALL FREQUENT AMOUNTS OF URINE**

IF YOU REQUIRE IMMEDIATE MEDICAL ATTENTION AND ARE UNABLE TO CONTACT DR. STERNBERG, PLEASE GO TO THE EMERGENCY ROOM AT CALIFORNIA PACIFIC MEDICAL CENTER AT 1101 VAN NESS AVE OR YOUR NEAREST EMERGENCY ROOM. IF YOU HAVE ANY QUESTIONS, PLEASE CALL MY OFFICE AT 415.417.3377.