

## **Dr. Phitayakorn's Post-Lump Instructions**

### **ACTIVITY:**

- Resume normal activity and exercise schedule

### **DIET:**

- No dietary restrictions

### **INCISION CARE:**

- Remove pressure dressing in three days. Mild swelling at the incision site will go away in 4-6 weeks. The pink line will slowly fade to white during the next 6-12 months.
- Keep your wound covered when outside as the sun can darken your scar.
- At 3 weeks after the date of your operation you should begin to use sunscreen.
  - Use sunscreen that has a formulation with zinc or titanium oxide when you go outside
- At 3 weeks after the date of your operation you can also use a scar ointment if you wish.
  - Vitamin E
  - Origins, Myderma, or similar ointment
  - Whatever ointment you choose, you should use twice a day and rub in a circular motion into your scar for about 3-5 minutes each time.

### **COMMON PROBLEMS:**

- Numbness of and around the wound is normal and should go away in a few weeks.
- You should take extra-strength acetaminophen (Tylenol) or ibuprofen (Advil) for pain if you do not have any liver or kidney disease.
- Your incision may feel itchy while it heals. This will go away after about two months.
- A little bit of bleeding is normal. If the bleeding is brisk, place direct pressure on the wound and call Dr. Phitayakorn immediately.
- Notify Dr. Phitayakorn's office if you develop any fevers, chills, nausea, or vomiting that lasts for more than 24 hours.
- If you cannot reach Dr. Phitayakorn, call the MGH operator and ask them to page him.

### **CALL DR. PHITAYAKORN IF:**

- You have any urgent questions or concerns.

**Dr. Roy Phitayakorn, MD MHPE (MEd)**  
**WACC, Suite 460**  
**617-643-7935 (during daytime)**  
**216-374-3349 (cell in evenings)**