



Michael Pensak, M.D.

**530 Lakehurst Rd, Suite 101
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**2 Hospital Plaza, Suite 310
Old Bridge, NJ 08857
732-349-8454**

Post-Operative Instructions

Head and Neck Soft Tissue Excisional Biopsy

Bandages & Ace Wrap:

Your post-operative dressing has several layers you need to understand in order to properly care for your wound during the 2 weeks following your surgery. Your incision was closed with fine absorbable sutures that do not need to be removed. The incision line is then coated with a thin film skin glue.

The more superficial layers of your dressing contain gauze and a water tight adhesive dressing. This should stay in place until I see you in the office

Occasionally, there will be a small amount of blood in this dressing, which is nothing to worry about, however if you see a lot of bleeding please call my office.

Washing & Bathing:

You should keep the dressing clean and dry until I see you in the office following your surgery. You may shower as your dressing is covered with a watertight adhesive bandage.

Follow up appointment:

We try to give all of our patients a follow-up office visit at the time we schedule your surgery. I will usually see you 7-10 days after surgery to check your wound, remove stitches and look for any excessive swelling.

Follow up appointment: _____

Medications:

I will usually prescribe the narcotic Oxycodone rather than Percocet so that you can supplement with Tylenol on the side and not have to worry about excessive Tylenol consumption. Oxycodone is Percocet without the Tylenol. This medication should be taken every 6 hours at the dose prescribed. However, you may supplement with Ibuprofen and/or Tylenol every 6 hours, offset by three hours from the narcotic. For example, in a given 24 hour period, you would take Oxycodone at 6, 12, 18 and 24 hours and the Ibuprofen and/or Tylenol at 3, 9, 15, 21. This way, you have medication on board every 3 hours. I find that it leads to better pain relief. If you were ever told that you can't take non-steroidal anti-inflammatories which is the class of medication Ibuprofen belongs to, or that you can't take Tylenol, then simply stick with just the narcotic. Tylenol and Ibuprofen should be taken in accordance with the directions on the bottle.

Some patients, when taking the first few doses of Oxycodone, may experience nausea or an episode of vomiting. To prevent this, take the medicine with food and be patient while the medicine begins to work. Usually, after the first few doses the nausea will go away. This medication may also cause skin itching and a



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slight rash. If either of those happen please notify us but they will usually subside with Benadryl so long as you have no contraindications to taking that medication.

What to watch out for:

- Worsening pain despite taking pain medication
- Persistent drainage from the wound after surgery
- Foul smelling drainage
- Increasing redness, pain or swelling around the surgical site
- Fever greater than 101
- Unable to keep food or water down for more than one day

Who to call for questions or problems:

If you are having problems or there are questions you need answered then please call our office at 732-349-8454 and our staff will assist you. Our hours of operation for our phone room are as follows: Monday through Thursday 8:30am- 4:30pm and Friday 8:00am – 4:00pm.

We realize that after surgery some problems or questions are urgent and cannot wait until normal working hours. Under these circumstances we have a service that will get the message to a doctor on call for our office by calling the main number 732-349-8454.

*****If an emergency were to occur please go to the nearest ER for immediate attention.**

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