JOHN WILLIAMS M.D.

Minor Procedure

Thank you for trusting us to take care of you today. We trust that your minor procedure went well. Here are a few general guidelines for your care.

Incisions:
Your incision is closed with stitches that dissolve and are covered with glue. *Do not* put any cream, ointment, or cleanser on them. The glue will flake off in about 1–2 weeks. If the edges start to separate where the glue is, you may gently remove the glue. You do *not* need antibiotics unless we tell you otherwise.

Showering and Bathing:
You may shower tonight. Let soap and water run over the incisions — *do not scrub.* Pat the area dry with a clean towel. Do *not* soak underwater (no bathtubs, hot tubs, or swimming) for 7 days.

Diet:
No special diet restrictions

Activity:
General advice would be to avoid excessive movement of the area. I would advise against anything that would appear to be exercise for a few days. You may use the area for activities of daily living.

Driving:
No restrictions.

Pain Control:
Most patients find **Tylenol or Motrin** works well for discomfort. I generally do not prescribe narcotics.

Seroma (Fluid Collection):
If we remove something from under your skin, you may notice a small “lump” a few days later. This is a small fluid collection that will absorb over time.

When to call the clinic:
If the incision turns red and becomes painful, you have a temperature >101, or the area begins to swell, please let us know. The clinic number is (979) 450-7245.

Follow up:
If we send a specimen to pathology, I will call you with the result in a week or so. I use this opportunity to discuss how your incision is doing. I generally do not schedule a “wound check” as minor procedures rarely need one; however, if you have any concerns, please let us know! We are always happy to see you back in the clinic.