

200 University Ave. E
St. Paul, MN 55101
651-291-2848
800-719-4040 (toll-free)
651-299-3928 (TDD)
www.gillettechildrens.org

Contact Us

Urgent Questions or Concerns

Telehealth Nursing
651-229-3890

Other Questions

About Your Care

St. Paul Clinic patients:
Nurse Call Line
651-578-5000

Patients at Other Locations:

Contact a member of your
Gillette health care team.

Appointments

651-290-8707

Books, DVDs and More

Find materials about
disabilities, medical conditions
and support for caregivers.

Health Resources and Education

St. Paul campus, near
fourth-floor skyway
651-229-3938
hre@gillettechildrens.com

Minor Skin Mass Removal Discharge Instructions

patient education
DIS065

Diet/Nausea

Follow guidelines outlined in the general anesthesia handout.

Site care

You may bathe and gently wash the area the following day after surgery; pat the incision area gently to dry. If the incision is in the hairline, you may also gently wash the hair. There is no need to apply topical antibiotics (such as Neosporin) to the area.

Stitches are absorbable and will not need to be removed. There may be Steri-Strips over the incision. Leave them on until your follow-up visit in 10-14 days. Steri-Strips stick to the skin; do not remove them. If they fall off, you don't need to replace them.

Pain/Comfort

Regular acetaminophen (Tylenol) is generally adequate for any discomfort. If needed, you may be sent home with a prescription-strength pain reliever.

Activity

Regular quiet activity is fine; avoid strenuous activities, such as running or jumping, for a few days to allow the incision to heal. You also should avoid swimming until your follow-up visit, unless otherwise instructed by your surgeon.

Urinary

Following any surgery, you should be able to urinate (pee) within 6 - 8 hours. If you're un-able to do so, contact the hospital as instructed below.

Questions or Problems

Contact Telehealth Nursing at 651-229-3890 if you see any of the following:

- Fever over 101.5 F
- Throat irritation
- Severe pain