



Excisional Biopsy

Dr. Bakker's Post-op Protocol

IMPORTANT INSTRUCTIONS FOLLOWING SURGERY:

- After surgery, your forearm and hand will be in a large bandage and plaster splint. Please **DO NOT** remove this. Try to keep your bandage clean and dry.
- To minimize swelling, you must keep your hand lifted up to your shoulder level.
- When sitting or lying, you should use pillows to support your surgically affected extremity, especially when sleeping.
- Encouragement for finger movement to avoid stiffness and to help with swelling reduction. A pulling sensation may be noted, but this is normal.

SURGERY TO WEEK 1:

- Remain in soft, post-operative splint.
- Perform gentle finger range of motion.
- Ice 20-30 minutes three times daily.
- Transition to Tylenol and ibuprofen if needed.
- Return to the clinic at the end of week one for re-evaluation, review of biopsy results and incision redressing.

WEEK 2 AND BEYOND:

- Return to the clinic at the end of week two for suture removal. Follow-up is as needed thereafter.
- Return to activities without restrictions as tolerated.
- If there is residual stiffness despite using the hand regularly, consideration for attending hand therapy may be indicated.