PERIOPERATIVE SERVICES

Post-Operative Instructions

Melanoma with Sentinel Lymph Node Biopsy

PAIN:

You will have some degree of discomfort after your surgery, this should not be severe. You will be given a prescription for pain medication. Please take your pain medication as instructed. For mild to moderate discomfort you may wish to take Acetaminophen (Tylenol™) or Ibuprofen (Advil™).

OPERATIVE SITE:

Your incision(s) will be covered by a Steri-strip™ type dressing, which will be covered by a “see through”, waterproof dressing. Remove the waterproof dressing after 3 days, leaving the incision(s) covered by the Steri-strip™ dressing tapes. The Steri-strips™ tapes should fall off in the shower or on their own. If not the Steri-strip™ dressing tapes should be removed after 10-14 days. Some surgeons prefer the “see through” waterproof dressing to remain on longer than 3 days. If your surgeon/nurse has given you other instructions related to your dressing please follow those. Change the dressing if it becomes wet or soiled. No swimming in lakes, pools or hot tubs or bathing in a bathtub for 2 weeks until your incision has healed.

ACTIVITY:

Once you are discharged you may resume usual activities gradually, but do not lift anything over 15 pounds (7 kgs) until advised by your surgeon at your follow up appointment. Mild exercise, especially walking is encouraged. You may shower the day after your surgery but keep the incisions as dry as possible.

**DIET:**

Eat lightly the day of your surgery. It is advisable to eat a high fiber diet and drink plenty of fluids to prevent constipation. Constipation may be a side effect of your pain pills. Increase the fiber in your diet and drink plenty of fluids to help prevent constipation. Good sources of fiber are fruits, vegetables and whole grain breads and cereals (All Bran™, Bran Flakes, Shreddies™ and Shredded Wheat).

You may also purchase a mild laxative if needed, speak with your community pharmacist.

CONTINUED ON OTHER SIDE 🡪

FOLLOW UP:

Your surgeon or nurse will advise you to call your surgeon’s office to schedule your follow up appointment date on the day of your surgery. If you are a Day Surgery patient, a nurse from the Day Surgery Unit will call the day after your surgery to address any questions or concerns you may have.

ADDITIONAL INFORMATION:

Please note you may have a blue-green tinge to your skin if dye was injected during the sentinel node biopsy procedure. This is from the blue-green dye that is used to find your sentinel node(s). The color will fade over time, you may have a faint stain that can last for up to several months. You may also have blue-green stained urine, you are encouraged to drink lots of fluids over the next 24 hours.

Contact your surgeon or go to the nearest Emergency Department if you have:

* Elevated temperature (38°C or 100.4°F) and/or chills lasting more than 24 hours
* Excessive bleeding from the incision, large amount of drainage on your dressing, soaking through requiring frequent dressing changes
* Foul smelling (yellow green) drainage/discharge from operative site
* Increased redness, warmth and/or swelling around the incision
* Continued or increased pain, severe not relived by pain medication

The information contained on this sheet is provided to you and your family to help you in your recovery from this procedure. This document is not intended to replace medical advice from your doctor or healthcare team. If you require more specific/additional medical advice, contact your doctor and healthcare team about your particular healthcare needs.

Protect yourself! Clean your hands frequently using soap and water or

hand sanitizer and ask that your healthcare providers and visitors do the same." Clean hands save lives.