



THE ORTHOPEDIC PARTNERS
AN RCM CLINIC

PARK CITY • HEBER CITY • SALT LAKE CITY

Post-op Instructions: Benign Bone Lesions

1. Benign Bone Lesions/excision
 - a. Your child will have a bandage on their extremity following removal of a benign bone lesion.
 - b. Keep the dressing clean and dry for 2-3 days. Remove dressing by day 3 following surgery; the surgical area may be washed with soap and water, blot dry. Wound can be left open to air at this time.
 - c. Showering is acceptable day 3 after surgery. No soaking the wound for 2 weeks (NO swimming, bathing, hot tub use).
 - d. Typically, sutures are placed that are dissolvable, unless we specifically discussed using a non-dissolvable suture to help with wound healing. Regardless of which stitches were placed, steri-strips are applied over the incision. Leave those in place for approximately 10 days.
 - i. If the steri-strips haven't come off by 2 weeks following surgery, please remove them.
 - ii. If the stitches are dissolvable, you will see a CLEAR suture sticking out each end of the incision. At 2 weeks, lift up the clear stitch with tweezers (or your fingers), and cut the stitch at its base. The stitches under the skin will go away on their own.
 - iii. If a stitch works its way to the surface, instead of dissolving, please try to remove it (tweezers, small scissors). Try doing this after a bath or shower, which can help the stitch loosen. Warm compresses can also help, especially if the area around the stitch is red or irritable.
 - e. Please limit activity on the affected extremity until the wound(s) are healed and look stable.
 - f. RICE therapy is always advocated:
 - i. Rest
 - ii. Ice – every 20 min or so
 - iii. Compression – to decrease swelling.
 - iv. Elevate – if possible, above the level of your heart
 - g. Pain control:
 - i. Ibuprofen is recommended to be taken every 6 hours, and Tylenol every 4 hours, unless there is a specific reason to not use these medications.
 - ii. Narcotics, including oxycodone, are only taken *if needed*. Please schedule the Ibuprofen and Tylenol for the first few days following surgery, as this will lessen any narcotic medicine that is needed.