



---

## BOULDER MEDICAL CENTER, P.C.

---

### Department of Surgery

Stephen Johs, M.D.  
80 Health Park Dr, Suite 100  
Louisville, CO 80027  
303-666-2632

Christopher Pohlman, M.D.  
2750 Broadway  
Boulder, CO 80304  
303-440-3093

Sandra Taylor, M.D.  
4745 Arapahoe, Suite 200  
Boulder, CO 80303  
303-938-4710

Call 303-440-3000 to reach the on-call surgeon after normal business hours.

### Simple Excision and/or Biopsy

While recovering from your surgery, please observe the following instructions:

1. Advance your diet slowly as tolerated. Drink plenty of fluids; at least six to eight 8oz glasses of water per day.
2. Take your pain medication as prescribed. You may use ibuprofen, 400-600mg every 8 hours, in addition to your prescribed medication if you do not have a history of ulcers or sensitivity to anti-inflammatory medications.
3. Narcotic pain medications can be very constipating. If you are taking prescription pain medication, please follow these instructions:
  - a. Use a stool softener such as Pericolace or Senokot one to two times per day. They are available over the counter.
  - b. Once off narcotic pain medications, you may want to switch to Citrucel or Benefiber, 1-2 tbsps in 8 oz of juice or water one to two times per day.
  - c. If you are off narcotic pain medications and start to have loose bowel movements, you may discontinue the Pericolace, Senokot, Citrucel or Benefiber if you're taking them.
4. You may remove the dressing over your incision(s) within 48 hours after surgery and take a shower. Do not leave a wet dressing on—it will promote infection. If you have tape strips (Steri-strips) over your incision(s), these can stay on while showering. They will typically fall off within 7-10 days.
5. Please call if you experience fevers, chills, painful enlarging swelling around incisions, redness or streaking around incisions, or persistent bleeding.
6. If you have not already scheduled a post-operative appointment, please call our office to schedule this appointment 7-10 days after surgery. Your final pathology report will usually be available for review at that time.

Surg.15 04/16

2750 Broadway  
Boulder, CO 80304  
303.440.3000

4745 Arapahoe, Suite 200  
Boulder, CO 80303  
303.938.4700

80 Health Park Dr, Suite 100  
Louisville, CO 80027  
303.673.0448