

Post-Operative Instructions

The following instructions will provide helpful information that will assist your recovery. These are designed to be general guidelines. Remember, everyone recovers differently. If you have any questions or concerns, please contact your doctor.

Pain Medication

- You will be given a prescription for a pain medicine after surgery, usually a pill called Vicodin or Percocet.
- Please follow the direction on the label.
- Do not drive while taking pain medication.
- Do not take pain medication on an empty stomach. This may make you nauseated.
- Use a stool softener or gentle laxative (such as Dulcolax suppository, or pill), as constipation is not uncommon with some pain medication. Do not use a suppository if you had rectal surgery.
- If you no longer need your prescribed pain medication, you may take over the counter pain medication such as Tylenol (acetaminophen) or Advil (ibuprofen) for pain. Do not take acetaminophen and the pain medication concurrently.
- Refer to the medication instructions on the form titled "Medication Reconciliation" provided by the hospital.

Activity

- No work or school for 1 week, or until cleared by the doctor.
- If at all possible, have someone with you to help you at all times.
- You may resume your pre-operative level of activity 24 hours after surgery.
- Going up stairs is not a problem.
- Listen to your body and rest when you are tired.
- No bending, twisting, pulling, pushing, overhead reaching or lifting anything heavy (over 15 pounds) for 6 weeks or as directed by your physician.
- Do not drive a motor vehicle, operate machinery or power tools for 1 or 2 weeks. Please ask the doctor.
- Do not drive while taking pain medications.

Diet

- Advance to your diet as directed by your physician slowly over the next day or two.
- Do not drink alcohol in the immediate postoperative period while taking pain medication.

Wound Care

- Remove the bandage 24 hours after surgery and SHOWER normally. .
- If you have narrow white tape strips over the incision (steri-strips) do not remove them unless they are curling up at the side and almost falling off (if you remove them sooner, you risk pulling the incision apart). You may shower even with this on.
- Staples or sutures are generally removed in 7-14 days.
- Many incisions will have buried absorbable sutures, which do not need to be removed.
- If you develop redness of the wounds, excessive tenderness, or pus is coming out of the wounds, call the office at 239-260-1115.

Showering

- Daily showering is encouraged to keep incisions clean.
- Do not soak in the bathtub until instructed by your doctor.

Drain Care

- If you have a drain, record the time and amount of drainage on a piece of paper. Empty the drain every few hours or as needed. The nurse will explain how the drain works before you are discharged from the hospital.

Call Your Doctor If:

- Your temperature is 101°F or higher. It is not uncommon to have a low-grade fever after surgery.
- You have new redness around the incision or if pus drains from the incision.
- Severe bleeding occurs. Apply direct pressure to the area.
- Severe abdominal pain, vomiting, or jaundice occurs (yellow tint to eyes or skin).
- If you cannot get in touch with your doctor, call or go to the Emergency Room.
- Call 911 in an emergency.

Follow-Up:

- Please make your follow-up appointment by calling the office or as instructed by your physician. Most appointments are for 7-14 days following your surgery. If you have any problems before then, do not hesitate to call.