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Post Operative Instructions

1. **ACTIVITY** – Avoid heavy lifting or straining for 4 weeks following surgery. Limit lifting to 15 pounds for the first 4 weeks. Then ease back into normal activity. Walking as tolerated on level ground is ok. If you have stairs in your home, take them slowly.
2. **DRIVING** – You may drive when you are off pain pills and are not in pain. You must be able to slam on the brakes without hesitation.
3. **WOUND CARE** – Outer tape and gauze may be removed in 48 hours. Underneath you will have either skin staples, stiches or Steri-Strips (paper tape with lines directly on the skin). Staples and stiches need to be removed in 10-14 days. Steri-Strips generally fall off on their own but may be removed at 2 weeks after surgery.
4. **BATHING** – You may shower after 48 hours when the outer dressings come off. Even with staples, stiches or Steri-Strips. Do not spend long periods in the shower and pat dry when finished. Tub baths or swimming should be avoided for at least three weeks.
5. **DIET** – Resume a well balanced diet with high fiber 25-35 grams per day.
6. **PAIN** – You will receive a prescription for pain medication, use as directed. You may also take Tylenol (acetaminophen) for pain but should be avoided with the prescription medications as most have Tylenol (acetaminophen). NSAIDS (like Motrin/Ibuprofen) should be avoided for at least 3 days following surgery. Avoid alcohol while on pain medication.
7. **MEDICATIONS** – You should receive a medicine reconciliation form regarding the medications you should resume. Call the office for questions.
8. **BOWEL AND BLADDER** – Constipation is common after surgery due to anesthesia and pain medications. Drinking fluids is very important, as is fiber. Supplemental fiber 2-3 times per day is recommended (Metamucil, Citrucel or Benefiber). If you are not able to urinate for 8 hours, call the office or go to the emergency room.
9. **DRAIN CARE** – If you have a drain following surgery, you will be instructed on the care and emptying of the drain. It is important to record how much is coming out of the drain at least daily. Call the office daily Monday through Friday with how much output has come out in 24 hours. You may be instructed to come into the office to remove the drain.
10. **PATHOLOGY** – If you have a specimen removed, you will receive the results at your follow up visit. Results are not given over the phone; this will be done face to face.
11. **FOLLOW UP** – Call the office for a follow up appointment (generally in 10-14 days). The office number is (760) 776-7600.