



POST-OPERATIVE CARE INSTRUCTIONS

Your post operative visit is scheduled for _____ at _____ in our Allentown/Bethlehem office.

1. You will feel pulling sensations around the wound or funny aches and pains around the incisions. This is all normal. Even minor surgery is a change in your body and this is your body's way of reacting to it. Abdominal surgeries may support the incision with a small pillow or blanket for comfort when moving.
2. Wound Care: Make sure to remove the bandage in about 24 hours, unless instructed otherwise. You usually don't have to re-dress the wound after 24-48 hours, unless for comfort. Keep the wound clean and dry. Let air get to it. If the steri-strips fall off, just keep the wound clean.
3. You may shower over the wound, unless there are drain tubes left in place. Do not bathe or use a pool/hot tub until cleared by the physician. You may shower right over the staples or steri-strips and pat them dry when you are done.
4. You may go up and down stairs, walk as much as you are comfortable, but walk at least three times each day. Abdominal surgeries, do not lift anything heavier than 15 lbs for at least 2-4 weeks, unless cleared by your doctor.
5. You may resume a regular diet. If you had a same-day surgery or overnight stay surgery, you may wish to eat lightly for a few days--- soup, crackers, and sandwiches. You may resume a regular diet when ready.
6. Medications: Resume all your previous medications, unless told otherwise by our doctor. Avoid aspirin or ibuprofen (Advil, Motrin, etc) products for 2-3 days after the date of surgery. You may at that time begin to take them again. Tylenol is always fine, unless you are taking a narcotic pain medication containing it (such as Percocet, Darvocet, or anything containing acetaminophen). Do not take Tylenol if you are taking these medications. You do not need to take the narcotic medications if you do not have significant discomfort.
7. Driving: You will need someone to drive you home on the day of surgery. Do not drive or make any important decisions while on narcotic medication and/or 24 hours after anesthesia/sedation for surgery. Generally, you may drive when you're off all pain medications.
8. You may take Maalox, Tums, or similar items for an upset stomach. If your narcotic pain medication causes an upset stomach, do not take on an empty stomach. Try taking with at least some crackers or toast.
9. Patients often experience constipation after surgery. You may take any over the counter medication for this, such as Metamucil, Senekot, Ducolax, Milk of Magnesia, etc. You may take a suppository unless you have had ano-rectal surgery (such as hemorrhoids). If you experience significant nausea or vomiting after abdominal surgery, call the office before trying any of these medications.
10. Call the office if you are experiencing any of the following, fevers above 101.5 degrees, significant nausea or vomiting, if the wound develops drainage and/or is excessive redness around the wound, or you have significant diarrhea or other worrisome symptoms.
11. You may be given a prescription for pain. This will be given to you at the hospital, the day of surgery.
12. You may resume sexual activity when you feel ready/comfortable and your incision is sealed/healed without apparent infectious risk.

Patient/Guardian Signature

Date

Witness Signature

Date