

GENERAL POST-OPERATIVE INSTRUCTIONS

- * Walk every 2-3 hours for 10 minutes your 1st & 2nd day at home. Gradually increase your daily activity
- * You may go up & down stairs
- * Driving is permitted when you are not taking any prescription pain medication & when you feel comfortable
- * Resume a normal diet, unless otherwise instructed. Drink plenty of fluids
- * DO NOT strain your incision. If you must cough or sneeze, hold pressure over the incision
- * You should shower 24 hours after surgery, wash your incision lightly with soap & water.
- * DO NOT remove steri-strips
- * DO NOT shower if you have a drain instead wash area around drain with soap & water & apply a dry dressing
- * Use the prescribed pain medication as needed. Tylenol or Advil may be taken instead for pain relief
- * Use a laxative of choice and /or stool softener as needed
- * It is normal for your incision to be swollen, to have a hard ridge beneath the skin & be black & blue
- * Contact the office if you develop a fever, redness or drainage from the incision
- * Home Care will be arranged prior to discharge, if needed
- * The use of an ice pack for the first 24-48 hours may help with discomfort. Apply a heating pad after the 2nd day

LAPAROSCOPIC GALLBLADDER SURGERY:

- Wash belly button daily with peroxide on a cotton ball
- DO NOT lift anything greater than 10-15lbs until seen in office

OPEN GALLBLADDER SURGERY:

- DO NOT lift anything greater than 15 lbs for 6 weeks after surgery

OPEN HERNIA SURGERY:

- DO NOT lift anything greater than 15 lbs for the first 2 weeks
- DO NOT lift anything greater than 25 lbs for 6 weeks from your surgery

LAPAROSCOPIC HERNIA SURGERY / APPENDECTOMY:

- DO NOT lift anything greater than 10-15 lbs until seen in office

BREAST SURGERY:

- You may want to wear a supportive bra, even to bed for a few days
- DO NOT be afraid to move your arm on the affected side

BOWEL SURGERY:

- NO driving until after your 1st post-op appointment. You may ride as a passenger
- DO NOT use any enemas or suppositories
- DO NOT lift anything greater than 15lbs for the first 2 weeks
- DO NOT lift anything greater than 25lbs for 6 weeks from your surgery
- If you had a colostomy, follow the instructions given to you at the hospital

RECTAL SURGERY:

- Take 3 warm baths a day and after a bowel movement