CARROLL SURGICAL SPECIALISTS

POST OPERATIVE INSTRUCTIONS

Expect discomfort, bruising, swelling and bleeding/drainage on dressing. **Please call us if you have a fever > 100.5**, **worsening pain, ongoing bleeding, and inability to urinate or pass BM's.**

DO NOT drive for the first 24 hours after anesthesia or if you are taking any pain medications.

MEDICATIONS: Resume regular medications unless otherwise noted.

PRESCRIPTION PAIN MEDICATION: (e.g. Percocet, Lortab, Vicodin) AS DIRECTED. This medication can make you drowsy and unsteady – please use it carefully and responsibly.

DO NOT take pain medication before driving or doing tasks that require you to be alert.

Over the count medications: Generic medication is fine. It is safe to take Tylenol instead of prescription pain medication. You can add Advil or Aleve – take with food. OK to restart Aspirin 3 days after surgery.

Take a daily stool softener, such as Colace, to avoid constipation. It is OK to start this pre operatively. Consider a gentle laxative, like Milk of Magnesia, if no BM 2 days after surgery.

DRESSING: You may shower over dressing. Remove surgical dressing in 2 days (Band-Aid or gauze with clear dressing). Gentle wash to surgical site daily. You may have steri-strips, these will fall off or be removed in our office.

It may be helpful to apply ice to the surgical area over the next several days.

DIET: Begin a light, bland diet and advance to regular foods as tolerated; increase water intake to avoid constipation.

ACTIVITY: NO HEAVY LIFTING >10 lbs. or strenuous activity until your post-operative visit. Further recommendations will be determined at your visit.

It is OK to walk, slowly climb stairs, travel in a car as a passenger and go outside. Resume these activities gradually. Daily activity and deep breathing exercises are recommended.

DOCTORS WILL NOT REFILL ANY PAIN MEDICATION DURING NON OFFICE HOURS. OUR OFFICE REQUIRES 24 HOURS NOTICE TO REFILL MEDICATIONS.

CARROLL HEALTH GROUP – CARROLL SURGICAL SPECIALISTS   410-848-1818