

General Surgery Post Op Instructions

Antibiotics

You may have been prescribed several days, to a week, of oral antibiotics. Please take this medication as prescribed. It is recommended you take your antibiotics with food to minimize any chance of stomach upset. If you are nauseated, please wait until the nausea is gone before resuming your antibiotic medications. If diarrhea should occur, please contact our office regarding this matter. If you should develop a fever greater than 101 degrees after the first two days, please consult us. Eating yogurt or other probiotics while on antibiotics will reduce the chance of diarrhea.

Pain Management

If you have significant pain after surgery, please take the prescribed pain medication. Please be sure not to take your pain medication any more frequently than prescribed. Also, as this medication is a narcotic, you are advised against driving or operating any machinery while taking your medication. If you have only mild pain, you may take Tylenol to alleviate your symptoms. However, if you take Tylenol, you should wait four hours before resuming your other pain medications, as they also contain Tylenol. Do not take exceed more than 4,000mg of Tylenol in 24 hours. You should also avoid taking any other pain medications, especially aspirin or aspirin-related medications, including NSAID'S or Ibuprofen. It is advised that you begin a stool softener if you are taking prescription pain medicine to prevent constipation. If you develop any unexplained pain, you should report this to us immediately.

Bruising and Swelling

It is normal that you have moderate or even significant bruising and swelling after surgery for the first two (2) weeks. You will notice daily bruising and swelling diminishing. However, if you develop any new onset swelling, especially in the first week. Please consult us immediately.

Sun Exposure

Excessive exposure to sun in the first three (3) weeks after surgery may result in prolonged facial swelling and injury to the skin. Also, excessive sun exposure to your wound area may cause your wound to darken (hyperpigment) in relation to surrounding skin. If you must go into the sunlight, wear a wide-brimmed hat and apply a SPF 15 sunscreen preparation, preferably with titanium or zinc dioxide, which is available at our office.

Exercise and Activity

For the first two (2) weeks, please refrain from bending over or straining. It is advised that you begin a stool softener if you are taking pain medicine to prevent constipation. It is acceptable to begin light walking 24 hours after surgery. Jogging and light non-contact exercise should not be resumed until two (2) weeks after surgery. Strenuous sports require six (6) weeks of healing before being safely resumed, depending on the type of surgery. If you feel that you are too weak to perform a given activity, you should listen to your body and rest appropriately.

Other Things To Avoid

Please re-read the Pre-Operative Instructions carefully, review all medications, vitamins, and herbal supplements you should avoid before and after surgery, including advice about smoking and drinking. If you should have any questions about your surgery or about any of the instructions written above, please do not hesitate to contact us.