

Please read **prior to surgery** &
refer to this sheet after surgery. You will receive
information at discharge, but it will **not** be this detailed.

General Instructions Following Surgery

***If you have increasing redness around the incision sites, thick drainage, or fever above 101°F
call the office as soon as possible (314-434-1211) to speak with our clinical staff.**

WHAT TO EXPECT

- You will feel tired and sore after surgery. You should be about 85% improved by post-op day #7. However, you might not feel 100% improved for 6-8 weeks after surgery.
 - A heating pad may also bring some comfort when used starting 2 days after your surgery in 15-20 minute increments. **Do not use high heat.**
- If you are having a laparoscopic procedure, you may experience shoulder pain or gas bubbles a few days after surgery. This is from the gas used during the operation and is common with any laparoscopic procedure.
- You may or may not turn black and blue around your incision sites and surrounding tissue. Gravity will push this down your body as it resolves.
- You may apply ice to incision for 1st day after your surgery in 15-20 minute increments. *Be sure to place a towel between your skin and the ice pack to avoid direct contact. Not very effective after 24 hours.*
 - A heating pad may also bring some comfort when used starting 2 days after your surgery in 15-20 minute increments. **Do not use high heat.**

INSTRUCTIONS

- If you do **not** have a drain, you may shower **2 full days after** your surgery. Remove the dressings/band aids, *if present*, but leave steri-strips on, *if present*.
 - *If you have tape directly on your skin (steri-strips) under your gauze dressing, leave those on and do not remove them. They will fall off on their own after post-op day #7-10.*
- The sutures used in your surgery are likely self-dissolving and should not need to be removed. *If after a few weeks you notice suture at your incision(s), call the office to have them removed.*
- If you have a J-P drain in, (Jackson Pratt) you will not be able to shower until the drain is removed. This is removed in the office. The doctor will tell you when this should be removed. You will call the office to make that appointment with the nurse practitioner or surgeon. ***To be removed you must be draining less than 30 ml of fluid in a 24 hour period.***

- Please empty the drain at least twice a day and record your output. After emptying, be sure to squeeze the bulb tightly to collapse it before placing the cap to ensure there is suction. You do not need to save the fluid for your surgeon.

MEDICATIONS

- You may be sent home with prescription pain medicine. Try to first control pain with over the counter Tylenol or Ibuprofen (*Advil*), following package instructions. Use the narcotic pain prescription only if the Tylenol or Ibuprofen is not effective.
 - You **should not** drive while on pain medicine.
 - All narcotics cause severe constipation, as well as possible nausea and vomiting.
- If you take the prescription pain medicine, it is a good idea to take a stool softener to counteract constipation. You can also take Milk of Magnesia, MOM. All are over the counter.
 - **Call the office** if you have not had a bowel movement in 2-3 days with taking over the counter medications.

RESTRICTIONS

- You should not do any strenuous exercise for 6-8 weeks unless directed otherwise. No lifting over 10-15 lbs. (Ex: a gallon of milk weighs 8 lbs). This is to avoid a possible hernia at the incision site.
- You may walk as much as you want (*including stairs*). You may also do cardio, but avoid exercises that use your abdominal muscles.

FOLLOW UP

- Call St. Louis Surgical Consultants for a “**post-op**” visit with your surgeon 1-2 weeks after your surgery (314-434-1211).
- If you have increasing redness around the incision, drainage, or fever above 101°F call the office.
 - Your incision site(s) *may* drain.
 - Do **NOT** soak healing incision site(s) – i.e. a bath, hot tub, swimming pool
 - Clear to light pink/red drainage is normal a few days after surgery
 - You may apply loose dressings to stop any drainage from soiling clothing.

The office is open for phone calls from 8am - 5 pm Monday-Thursday, Friday 8am -4 pm. For after hours, call the Medical Exchange @ 314-364-5262 to speak to the surgeon on call.

226 S. Woods Mill Road, Suite 49 West, Chesterfield, MO 63017 – 314-434-1211 – 314-434-4419 (fax)