



Post-Operative Home Care Instructions

Diet:

- You should eat an easily digestible diet for the first few days after surgery. Your surgeon may put you on a low-residue diet. If so, you will receive a separate form with instructions and meal plans.

Medications:

- Follow all instructions printed on your medication bottle. Before you leave the hospital you will be instructed on which of your at-home medications should be continued.
- Take your pain medication as instructed. It is important to take the medication before your pain becomes severe. Constipation and nausea are common side effects. Please contact our office if you experience nausea or vomiting as you may need a medication adjustment.
- Drink plenty of fluids and take a daily stool softener to prevent constipation.
- Do not drive while taking pain medication.

Physical Activity:

- When you return home you will be expected to walk daily. It is an important part of healing, and will help your bowels return to normal function.
- You will have a 15 pound lifting restriction for 3-6 weeks after surgery. Do not return to your normal activity level until you have been released by your surgeon.
- Your surgeon will tell you when you can return to work and will provide a work release form for your employer.

Wounds:

- You may remove the outer bandages 48 hours after you return home. Please leave your skin tape in place for 7 to 10 days. If you have staples or stitches, they will be removed 1 to 2 weeks after your surgery.
- You may leave dry gauze over your incision if it is draining or if it is irritated by your clothing.
- If you have a drain, please keep a daily record of the amount that comes out. Notify our office if the drainage becomes thick, cloudy, or foul smelling.

Bathing and Showering:

- You may shower after your outer dressing has been removed. It is ok to get your skin tape wet. Do not scrub your incisions and be sure to pat them dry when done.
- Do not submerge your incisions in water (hot tub or bath tub) until your surgeon has cleared you to do so.

Bowel Care:

- If you have trouble having a bowel movement, take a bulk laxative such as Metamucil or Citrucel. You should have a soft bowel movement in 2 to 4 days. If you are still having difficulty with bowel movements, ask your pharmacist about adding a stool softener such as Colace. If you are already taking Colace and have not had a bowel movement after 3 days, take 2 ounces of Milk of Magnesia. Increase your fluid intake and call our office if you have not had a bowel movement after 12 hours.

Follow-up care:

- Your follow up appointment has been made with: _____
- If you do not have a follow up appointment, please call our office to schedule one for approximately 2 weeks from the date of surgery.

Contact our office:

- If you develop redness around your incisions or if you notice white, green, or blood tinged drainage from your incisions.
- If you develop a fever greater than 101 degrees.
- If you develop nausea or vomiting