

POST OPERATIVE INSTRUCTIONS FOLLOWING OUTPATIENT SURGERY

PAIN MEDICATIONS

- For pain control, you should take acetaminophen (Tylenol) and ibuprofen (NSAID) around the clock. Take 1000mg of acetaminophen every 8hrs alternating with 600mg of ibuprofen every 8hrs. Do not take these at the same time. Do not take NSAIDs if your doctor has told you not to.
- If you are taking any other medications that contain acetaminophen, do not exceed 4000mg per day.
- If you were prescribed a narcotic, such as oxycodone, take this if you still have pain after taking acetaminophen and ibuprofen. Be aware narcotics cause constipation, and you may need to increase the medications below to prevent this.
- We are not able to refill narcotic prescriptions after hours or over the weekend. Please call the office ahead of time if you will need a refill.

CONSTIPATION PREVENTION

- After your surgery, take milk of magnesia or miralax every day until you have your first bowel movement, then stop
 - o Milk of Magnesia: take one tablespoon (15mL) twice a day
 - o Miralax: mix one capful (17g) into any liquid once a day
- You should also take the following medications every day, these are available over the counter
 - o Fiber (i.e. Metamucil, Citrucel): take one tablespoon 1-2 times per day. Mix in 8oz of fluid (water or juice) and follow with another 8oz of fluid. Continue at least until your first post op appointment.
 - o Stool softeners (i.e. colace, surfak, docusate sodium): take one pill twice a day until you no longer have any discomfort with bowel movements.

DIET

- A regular diet is recommended, with lots of fruit and vegetables.
- Make sure to stay hydrated with drinking 6-8 glasses of water a day.

ACTIVITY

- Walking is encouraged.
- For 6 weeks: avoid prolonged sitting, repetitive bending or twisting, lifting more than 10 pounds, or other activities that put pressure on your wound or cause discomfort.

WOUND CARE

- DO NOT submerge your incisions, no baths or pools until your incisions completely heal, about 2 weeks.
- Showers are ok starting 24hrs after surgery.
- If your incision is covered with skin glue, this will fall off in about 2 weeks, avoid picking it off.
- If you have a drain, this will be removed in the office.
- Check your wound daily to look for signs of infection, such as increased drainage, pain, redness, or swelling around the incision. If you notice these signs, please call the office.
- If you are having drainage, place gauze over your incision and change daily or as needed.

SPECIAL CONSIDERATIONS

- Surgery can cause constipation. You should have a bowel movement at least every other day. If two days pass without a bowel movement, take a dose of Milk of Magnesia or Miralax. If there is no result by 6hrs, this can be repeated. If there is still no response, you may give yourself a gentle tap water enema. Supplies are available over the counter.
- DO NOT STRAIN! Call the office if, after following the instructions above, you have not had a bowel movement in 48hrs AND you're getting uncomfortable. If you're not uncomfortable, continue to follow the instructions and call the office if you become uncomfortable or have not moved your bowels after another 48hrs (4 days total).

FOLLOW UP APPOINTMENT

- Post-operative office visits are to ensure proper healing of your wounds. Please call the office as soon as you get home to make your first appointment for 3-4 weeks after your surgery, unless otherwise instructed.
- If you have any questions or concerns, please do not hesitate to call our office at any time.
- Keep in mind that prescription renewals will one be made during our regular office hours.