

## Post Op Instructions - Out-Patient Surgery

### Wound Care

It is OK to get in the shower 24-36 hours after your operation. The Band-Aids should be removed at that time (they do not need to be replaced). Under the band-aids are small tape strips (Steri-Strips). Leave them for the first week. If they are still in place at 7 days, please remove them. Soap and water running across your incisions will do them good, but do not submerge your incisions for the first 7 days.

### Pain Control

Pain is best controlled with the fewest side-effects by using multiple modalities. If a narcotic has been prescribed, take it if needed per the instructions on the bottle. If you are able to tolerate an anti-inflammatory such as ibuprofen (aka Motrin & Advil) or Naproxen (aka Aleve) taking these around the clock the first 5-10 days will greatly improve your pain control.

### Ice Packs

Applying an ice pack to your surgical sites will also help with pain control as well as decrease the bruising and bleeding that can occasionally occur. Apply the ice pack for 20 minutes on/off for the first 3 days (especially the first 12 hours).

### Constipation

Anesthesia, pain medications, decreased movement, and surgery all contribute to constipation in the early post-op period. Staying on lighter foods and starting laxatives early will help you overcome this annoying problem. (Consider starting with Miralax 1 dose twice daily and double the dosage each day until you get results.)

### Activity

Limit yourself to light activities like walking for the first week or two. After that, working back into cardio/aerobic activities is OK. No heavy lifting greater than 10-20 lbs for 6 weeks.

### Diet

The recommendations for post-operative diet vary widely given the different needs and concerns of patients after each operation. Your surgeon will go over this with you.