



## Post Surgery Instructions

Your typical post-operative recovery period will be approximately 2 weeks. This will vary individually however, depending on the patient's general constitution, the type of surgery that was performed, and the presence of other health concerns (Asthma, Diabetes, etc.). Even though you may not appear nor feel as if you've had major surgery, the truth of the matter is, in most cases, you did! In other words, please take it easy at home for the next 2 weeks. Most patients go home the same day following surgery, but a few patients may be admitted overnight for observation. Please follow these suggestions when at home:

On the day of surgery, please be on complete bed rest. Only get up to use the rest room. In rare occasions, you may be sent home with a leg bag (Foley bag to drain your bladder). Please follow the instructions that were given to you pertaining to the leg bag and call (630) 762-9777 for any questions 24 hours a day.

You can have a light diet when you go home and start the medications that were prescribed to you.

The day after surgery, your activities should be limited. Remember...common-sense things! No, you're not going to go rock-climbing or skiing. Please avoid driving for 1-2 weeks, strenuous activities and heavy lifting, and refrain from any sexual activity for 4 weeks. It takes longer for things inside the body to heal compared to your skin incisions. Most patients have the false perception due to how well they feel and become active prematurely, which can compromise the recovery period.

You may experience bloating and your abdomen may appear distended. This will continue for about 3-5 days. Please avoid carbonated drinks and over-the-counter Gas X will be helpful. Please take the Gas X as directed. Avoid fried or spicy foods.