



DISCHARGE INSTRUCTIONS

Incision:

- Remove band-aid/surgical tape and gauze dressing 24 hours after the surgery.
- Remove steri-strips (narrow white tape strips) if present, one week after surgery. Gently pull them off; they will not fall off by themselves. You may shower with the strips on.
- If clear skin glue is present over incision, leave it alone for one week. You may remove it thereafter.
- You may shower 24 hours after hospital discharge.
- Expect slight redness, swelling, and hardness around the incision. You may apply ice to the are during the first 48 hours after surgery. After 48 hours, you may then use a heating pad at its lowest setting or a warm compress for pain relief.

Activity:

- Gradually increase your daily activity.
- You may climb stairs.
- You may drive 24 hours after your procedure if you're no longer taking prescription pain medication.
- Hernia repairs – no heavy lifting (anything over 10-20 lbs.) for two weeks.

Diet:

- Follow previous medical diet (diabetic, low salt, lactose free, etc.)
- Gallbladder patients may experience gas pains, bloating, and diarrhea for the first few days following surgery and are encouraged to follow a low-fat diet for two weeks.

Follow-Up:

- If your post-op appointment hasn't already been made, please call the office to schedule.
- Your doctor will need to see you in 2-3 weeks after surgery.

FAQ

- Pain medications, especially narcotics, can cause constipation, so drink plenty of fluids while you are taking them. You may take an over the counter stool softener or laxative for relief. You may also experience nausea if pain medication is taken on an empty stomach.
- It is common to have a sore throat from the breathing tube that was placed during surgery. This discomfort should diminish within 24-48 hours.
- You may experience low-grade fever (99-100 degrees) from decreased activity after surgery.

CALL THE OFFICE FOR TEMPERATURE OVER 101 DEGREES F, SHAKING CHILLS, PERSISTENT VOMITING, UNCONTROLLED PAIN, OR SHORTNESS OF BREATH. PHONE: 678-894-2151