



HOME INSTRUCTIONS AFTER SURGERY

SCHEDULE APPOINTMENT:

Please call the number within 1-2 days after surgery to schedule your first follow up appointment for about 2 weeks post operatively. If you have any questions or concerns before your appointment, please contact us at:

MFSA Winter Garden/Apopka Clinic

MFSA Clermont Clinic

MFSA Lake Mary Clinic

T: 407.521.3600

T: 352.243.2622

T: 407.499.2826

ACTIVITY:

- You should avoid lifting, pushing or pulling anything over 25 pounds for 2 weeks. Your surgeon will discuss potential activity restrictions beyond 2 weeks at your follow-up.
- Walking is strongly encouraged as this will speed up the healing process, decrease the chance of lung problems and prevent complications such as blood clots in the legs. If your procedure was laparoscopic or robotic, walking will aid in getting rid of gas.
- Climbing stairs is permissible as your strength allows.
- Driving is allowed after approximately one week of dismissal, or whenever you can operate your car without pain if you are no longer taking narcotic pain medication.
- You may resume all non-strenuous activities of daily living such as cooking, cleaning, vacuuming etc. as well as recreational activities as your pain and energy levels allow. You should be able to return to work by 7 days unless heavy lifting or otherwise physically demanding activity is involved.
- You can discuss the timetable for return to strenuous activities with your surgeon at the first postoperative visit. This includes active sports and exercise programs.

DIET:

You can resume your usual diet. We recommend a high protein diet to promote healing and high fiber diet to promote good bowel elimination. If your appetite is poor, eat small frequent meals. Alcohol should be used in moderation only.

High Fiber Foods

Bran cereals
Whole wheat bread
Fruits (all types)
Vegetables (all types)

High Protein Foods

Meat
Fish
Eggs
Milk & Cheese

Drink 8-10 glasses of water each day!

MEDICATION:

You can resume your normal medications the day after your surgery, unless otherwise instructed by your doctor.

PAIN:

Pain is common after any surgical procedure. You may experience shoulder pain after a laparoscopic or robotic procedure due to the gas placed in your abdomen. This will improve with time. If you have been given a narcotic prescription, do not take any more of it than is directed on the bottle. Decrease the amount and frequency as your pain lessens. We find that some patients do better if they substitute an anti-inflammatory medication such as over the counter Ibuprofen and Tylenol in alternating fashion (DO NOT take these if you have an allergy to these medications).

Tylenol 1000 mg by mouth every 6 hours scheduled for 5 days
Ibuprofen 400 mg by mouth every 6 hours scheduled for 5 days (take with food)

- Do not drink alcoholic beverages or operate any machine or vehicle while taking narcotic pain medications.
- Do not take other pain medications (prescription or over the counter) unless approved by your surgeon.

CONSTIPATION:

Constipation is a common problem caused by taking narcotic pain medication. This can usually be prevented by eating a high fiber diet, drinking eight (8) glasses of water per day, and taking the stool softener (Colace). You should wean yourself off the stool softener as you need for pain medication decreases.

Colace 100 mg by mouth twice daily as needed for constipation

If these things are not effective in combating constipation, you may take Milk of Magnesia according to the directions on the bottle.

CARE OF YOUR INCISION:

- You do not have to keep your incisions covered. 24 hours after surgery, the bandage can be removed. If you have thin white strips, you can leave those in place to fall off on their own. Stitches or staples will be removed at your post operative appointment.
- You may shower with soap and water 24 hours after surgery. Clean the incision well and pat dry with a clean towel. You may cover the area with light gauze dressing and tape if you prefer to, but it is not required.
- You may place an ice bag on your incision 20 minutes on and 20 minutes off as needed for pain control

You may notice a hard ridge/knot and potentially considerable swelling beneath your incision(s). This is a normal reaction and will be resolved by about six weeks after surgery.

SWELLING/BRUISING: Do not be alarmed if you have a "bruise type" discoloration around your incision. This is caused by bleeding that normally occurs during surgery. This should be resolved within approximately 1-2 weeks. This will be especially noticeable if you have taken aspirin or any aspirin containing compounds within 2 weeks of your surgery. A small amount of bleeding and/or drainage is to be expected after surgery.

HERNIA REPAIRS: You will have swelling and bruising in the groin area and for men, this will include the penis and testicles. With time, this will resolve.

Please call our offices at 407-521-3600 or 352-243-2622 if you notice any of the following symptoms:

- Excessive bleeding or drainage from the incision or foul odor

- Redness, swelling and/or increased pain at the incision site
- Fever above 101.5 degrees