



HOME INSTRUCTIONS AFTER SURGERY

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, please do not hesitate to contact us at the Mid-Florida Surgical Associates offices.

Ocoee: 10000 W. Colonial Dr. Suite 288 Ocoee, FL 34761 (407) 521-3600 (407)521-3603 (fax)	Clermont: 1804 Oakley Seaver Blvd Suite A Clermont, FL 34711 (352)243-2622 (352)243-6277 (fax)	Winter Garden Advent Health 2000 Fowler Grove Blvd. 3rd Floor Winter Garden, FL 34787 (407) 521-3600 (407) 521-3603 (fax)
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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.
- Climbing stairs are permissible as your strength allows.
- Driving is allowed approximately one week after dismissal, or whenever you can operate your car without pain; and when 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 as this often needs to be individualized. This includes active sports and exercise programs.

DIET:

Resume your usual diet. We generally recommend a high protein diet to promote healing, and high fiber diet to promote good bowel elimination.

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!

- If your appetite is poor, eat small frequent meals.
- Alcohol should be used in moderation only.

PAIN MEDICATIONS:

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 actually do better if they substitute an anti-inflammatory medication such as plain 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 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 don't have to keep your incisions covered
- You may shower with soap and water
- You may place an ice bag on your incision 20 min on / 20 min off as needed for pain control
- Do not be alarmed if you have a "bruise type" discoloration by your incision. This is caused by bleeding that normally occurs during surgery. This should resolve within approximately 1-2 weeks. This will be especially noticeable if you have taken aspirin or any aspirin containing compounds within two weeks of your surgery.
- You will notice a hard ridge and potentially considerable swelling beneath your incision(s). This is a normal reaction and will resolve by about six weeks after surgery.
- If you notice any of the following symptoms, call the Mid-Florida Surgical Associates offices.
 - Excessive bleeding or drainage from the incision
 - Redness, swelling and/or increased pain at the incision site
 - Fever above 101 degrees

QUESTIONS:

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