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RECOVERY AFTER ROBOTIC SURGERY



Your Path to Wellness Starts Here

top 5 concerns

- Postop pain
- Increasing activity
- Incision care
- Return to work
- When to call



call us

661-864-7076
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TOP 5 POSTOPERATIVE CONCERNS

Postop pain

Pain is usually mild to moderate after robotic surgery, usually described as soreness around the incision sites.

You will receive pain medication – use as prescribed while you need it. Most patients stop after a few days

Increase activity

Gentle walking is the perfect first activity. You may feel tired at first – that's okay and expected _____

Gradually increase activity each day...rest when needed! NO lifting over 20lbs for 4-6 weeks _____

Incision care

You can shower the morning after surgery, and feel free to take your dressings off...but leave the steri strips

Keep incisions clean and dry. Wound healing starts immediately- it's normal to feel itchy _____

TOP 5 POSTOPERATIVE CONCERNS

Recovery

Everyone heals at their own pace, but you'll start to feel like yourself again within about 6 weeks

Eat a healthy diet and get plenty of sleep. Stay positive...nurture that mind-body connection! _____

When to call

- Fever over 100.4°F (38°C)
- Redness, swelling, or pus at incisions
- Severe pain
- Trouble urinating or changes in bowel habits
- Nausea, vomiting, or difficulty breathing

Your team is here for you, and we understand you know your body better than anyone else. Call is if anything feels off, and be sure to keep your postop appointment! _____