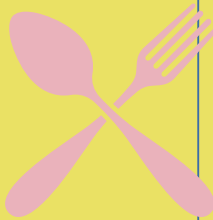
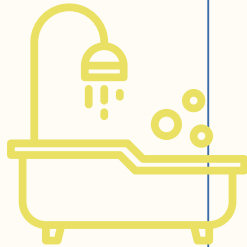


SPEEDY RECOVERY



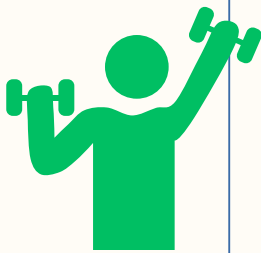
Diet and Hydration

- Start slow – eat like you're recovering from the flu for the first few days (think bland, soft foods).
- Gradually reintroduce your normal diet as tolerated.
- Drink plenty of water to stay hydrated and help your body heal.
- Avoid alcohol while on pain medications.



Incision Care

- You may remove your bandages and shower the day after surgery.
- Steri-strips (thin adhesive strips) will fall off on their own. Do not pull them off.
- Do not apply any creams, lotions, ointments, or medications to your incisions unless your doctor instructs you otherwise.
- Do not soak your incisions in water (no baths, hot tubs, or swimming) until your doctor says it's safe.



Activity Guidelines

- No heavy lifting (over 20 pounds) for 6 weeks after surgery.
- Avoid strenuous activity or core exercises until cleared by your doctor.
- No swimming or submerging in water until after your first postoperative visit.
- Ask your doctor for a return-to-work note if needed, and discuss when it's safe to resume work and driving.



Call our office or seek medical attention if you experience:

- Fever over 101°F (38.3°C)
- Redness, warmth, or pus around your incision
- Worsening pain that is not relieved with medication
- Severe nausea or vomiting
- Trouble urinating or having a bowel movement
- Shortness of breath or chest pain
- Any unexpected or concerning symptoms