

## Post Operative Orders/Instructions

1. Take pain medication as prescribed. Unless otherwise informed, most patients can take ibuprofen (Advil or Motrin) 400mg every six hours in addition to their prescription narcotic medication.
2. Patients at home who cannot urinate after 6 hours of trying should call our office immediately.
3. Patients whose incisions are closed with skin glue may shower the day after surgery.
4. Incisions closed with skin glue should not be treated with ointments, creams or lotions, as they may dissolve the glue and allow your incision to open.
5. Patients with inhalational anesthesia should not drive a vehicle for 48 hours after surgery.
6. All patients must have a ride home after surgery. Taxi cabs are not an acceptable form of transportation home.
7. Most patients may resume light duty work or exercise after surgery, assuming their pain is controlled. Narcotic pain medication is not recommended in the workplace or at the gym.
8. Unless otherwise specified, sexual activity may be resumed after surgery at the patient's discretion.
9. Bruising, swelling and pain are expected after surgery. Use ice packs as instructed and take all prescription medications precisely as written on the label.
10. Redness, fever, or unexpected drainage at your incision is rare and should be reported to our office.
11. Constipation after surgery is very common. Most patients find relief with Milk of Magnesia, two ounces followed by 16 ounces of water.
12. Nausea, vomiting or food intolerance that persists for more than two days after surgery should be reported immediately to our office.
13. Climbing stairs after surgery is usually okay assuming the patient will have some assistance for the first one or two days, or as needed.