GENERAL SURGERY POST-OPERATIVE INSTRUCTIONS

DIET:
- Avoid spicy and/or greasy foods the day of your surgery.
- If you are not experiencing any nausea, you should be able to resume your regular diet the first day after your surgery.
- If you were experiencing food intolerance prior to surgery, be aware that these symptoms will not immediately go away. In certain situations it may never go away completely.

ACTIVITY:
- It is normal to feel tired. Rest when your body needs it.
- No sit-ups for 2 weeks.
- Abdominal soreness below your ribs can last for a couple of weeks. The more you walk, the sooner the soreness will get better.
- Walk as often as you can; increase your activity slowly.
- Do not lift anything heavier than 15 pounds for 2 weeks; after 2 weeks discuss this with your surgeon.
- Do not do strenuous chores like vacuuming, mopping (twisting motion), and/or lifting full bags of garbage until you ask your surgeon.
- Climb stairs slowly; stopping as you need to.

HOME CARE:
- You may drive a couple of days after surgery as long as you are not taking any pain medications.
- Continue using the Incentive Spirometer after surgery until seen by your surgeon.
- Shower, DO NOT sit in a bath tub, hot tub or go swimming for 2 weeks after your surgery.
- Do not apply lotions or creams to the incisions.
- Your cuts may drain bloody fluid. This is usually fluid that collected under your skin right after surgery. This is not dangerous. The wounds will stop draining after all the fluid comes out, usually within a few days.
- Keep the wounds clean and dry. Wash them gently with mild soap and warm water; pat them dry with a towel. Let the steri-strips (small white pieces of tape) fall off on their own.

MEDICATION:
- You have been given a prescription for pain medication- take only as directed
- Gas pains: take simethicone tablets (Gas-X)
- Constipation: Drink fluids. Take a Stool Softener, Miralax, or Milk of Magnesia, as directed, if you have not had a bowel movement by three (3) days after your surgery.
FOLLOW-UP:
- Call **225-769-5656** to make an appointment with your surgeon for your **2 to 3 week** follow-up after your surgery.
- Bring all your medicines or an accurate list to your appointments.

WHEN TO NOTIFY YOUR DOCTOR:
- Spreading redness, swelling, or warm to touch at incision site
- Trouble breathing or chest pain (**CALL 911**)
- Cloudy or smelly drainage from cuts that looks more like pus than blood
- Fever of **100.4 ° or higher taken under the tongue**
- Fast heartbeat
- Night sweats, shaking, or chills
- Painful, warm, swollen leg (s)
- Pain, nausea, or vomiting after eating that does not get better with medication
- Diarrhea past the first week after discharge
- Pain in your upper back, chest, or left shoulder
- Hiccups that don't go away
- Confusion, sadness, or unusual fatigue
- Blood in your urine, burning or pain when you urinate, urinating more often than usual
- Abdominal distention
- If your pain medication does not help you

Please note that there is a surgeon on call 24/7 during business and after hours and can be reached at 225-769-5656.