



# OUR LADY OF THE LAKE PHYSICIAN GROUP

## Surgeons Group of Baton Rouge

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## 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, moping (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.**