



GENERAL POST-OP INSTRUCTIONS

- Bandage: You may remove your dressing in 48 hours and do not have to replace your bandage unless your incision is draining. If you have steri-strips (white pieces of tape) across your incision, do not remove these because they will fall off on their own. No tub baths for two weeks.
- Bruising or Numbness: Numbness around or near the incision is normal, also bruising around the incision is normal.
- Contacting our Office: A staff member can be reached at night or on the weekends by calling our office at 762-235-2100.
- Diet: Begin by eating light foods, advance diet as tolerated.
- Drainage: Some drainage from your incision is normal. Normal drainage would be clear/yellow to faintly bloody and does not smell. Call the office if your drainage has a foul odor.
- Driving: You may begin driving when you are no longer taking any pain medicines.
- Fever: Call the office if your temperature is over 101 degrees. A temperature of 99-100 degrees is normal.
- Pain Medication: If you need a refill on pain medication you must call the office before 5 p.m. Pain medicine **will not** be refilled at night or on weekends.
- Redness at incision site: If you develop redness at your incision site, please contact the office at 762-235-2100.
- Deep Breathing and Coughing (for abdominal incisions): Breathe deeply and cough several times a day for one week. These exercises help circulation, clear your lungs and lower your risk of pneumonia. Support your incision with a pillow when you cough.