GENERAL POST-OPERATIVE INSTRUCTIONS

Your first post-operative visit will be approximately 4 weeks after surgery. Please call the office at (336) 333-6306 after being discharged from the hospital to arrange this appointment. Your first post-op visit will be with a physician assistant.

- Do NOT drive or operate machinery until advised to do so by your doctor.
- Limit time spent in an automobile as much as possible.
- Do NOT engage in sports, heavy work or heavy lifting until you are given permission.
- When taking pain medication, BE CAREFUL as you walk or climb stairs. Dizziness is not unusual. We recommend against driving, operating machinery, making important decisions or caring for small children while on pain medications. Constipation is common when taking pain medications. Be sure to eat a well-balanced diet, high in fiber and fluids (e.g., water). Take a stool softener and use a laxative as needed.
- The gauze dressing may be changed daily. When all drainage from your incision stops, you may discontinue the dressing.
- You may shower. If your incision is draining, keep it dry until it stops. Do not submerge incision under water.
- Remember, some pain is normal – even pain that is similar in nature to your pre-operative symptoms.
- Please report any significant increase in swelling, redness, fever, intractable pain, numbness, weakness, bowel problems or bladder problems immediately!!