

GENERAL POST-OPERATIVE INFORMATION FOR DR. LAD'S PATIENTS

MEDICATIONS:

PAIN MEDICATION: You will be discharged with the appropriate pain medication for your surgery. Please **DO NOT DRIVE** while you are taking this medication because it can be very unsafe.

MUSCLE RELAXANT: You may be discharged with a muscle relaxant as well (this depends on the surgery that you had). Please gauge how your body feels when you are on this medication before trying to drive or go back to work. Many people find that this makes them very sleepy, so you can take ½ of the dose during the day and then a full dose at night to help you sleep.

IBUPROFEN / MOTRIN / ADVIL: On your 3rd day after surgery you can start taking these medicines. If you can take these medicines without GI upset, then they can be very helpful to ease the general achiness of the inflamed muscles and tissues. Buy over-the-counter 200mg capsules and take 2-3 of them in the morning and in the evening. **ALWAYS** take these medicines with food to lessen the stomach upset.

STOOL SOFTENER: Colace and Dulcolax both work well. These will be necessary for you to use while you are taking the pain medication that we give you.

(Note about Constipation – You **WILL** get constipated after surgery. This is because you will have had anesthesia and your bowels are trying to wake up and at the same time the pain medication that you are taking is slowing your bowels down. Take a stool softener on a regular basis while you are taking pain medication. **DO NOT WAIT** until this becomes a big problem.)

PAIN:

The 2nd day following surgery will be the most painful. This is due to 2 factors:

1. Swelling inside at the surgical site of the surrounding tissues.
2. The numbing medicine that they squirt inside during surgery will wear off on that 2nd day.

FEVER:

If you get a fever in the **FIRST 3 DAYS** after surgery it is most likely due to atelectasis. This is when your lungs have not fully expanded after anesthesia.

What do you do? **You need to take good deep breaths every 2 hours.** This will make you cough at first, but the cough should go away in a day or two.

If the fever lasts longer than the first couple of days or does not start until after the first few days then you should notify our office.

CALL OUR OFFICE AT 919-681-4986 IF:

1. Your wound drains anything other than a few drops after the first 3 days after surgery. Drainage after the first 3 days should be reported to our office.
2. You have a fever AFTER the first 3 days over 101°F or 38.5°C.
3. You have extreme pain or symptoms that are not relieved by pain medication.
4. You are running out of your pain medication. Please call AT LEAST 3 DAYS before you run out.
5. You have any weakness in an arm or leg or you suffer from bowel or bladder incontinence.
6. You have nausea or vomiting that does not get better after the first day. Be sure to take medications with food to avoid this discomfort.
7. You have any other concerns.

ACTIVITY AFTER SURGERY: WHAT YOU CAN AND CAN NOT DO

Let comfort be your guide with everything. If it hurts, then don't do it!

CAN DO:

- Walk as much as is comfortable for you. Pace yourself and gradually build up to longer distances and more time.
- Walk at least 3 times a day so that you do not develop blood clots from inactivity.
- Do light activities around the house.
- Resume sexual activity when you feel comfortable to do so.
- Return to work when you think that you are ready. You must be able to stay within the 5-10 pound lifting restriction when you do return. You may find it easier to start at a reduced work week and build up to your full schedule.

CAN NOT DO:

- No lifting over 5-10 pounds (about the weight of a gallon of milk)
- No exercising other than walking until after 6 weeks
- No sitting over an hour at a time without getting up and moving for the first 2 weeks
- No twisting, turning, reaching overhead, stooping or bending for the first 6 weeks
- No alcohol while taking pain medication
- No driving while on pain medication
- No returning to the gym, golfing, swimming, running, cutting grass, etc. until 3 months from the date of your surgery.

LENGTH OF STAY IN THE HOSPITAL

- You will only be in the hospital 1-2 nights.
- You will be discharged after you have eaten, been up walking in the hall and have been able to void.
- Discharge home is usually around late morning

WOUND CARE

If you have external stitches or not depends on the type of surgery that you have.

Wound Care with External Stitches

1. No showering or getting the incision wet until after your stitches have been removed.
2. Take the dressings off 2 days after surgery.
3. Your stitches cannot come out until 10-12 days after your surgery.
4. Our office will remove your stitches at your follow-up visit. Usually this is 10 days after your surgery. If you absolutely cannot make it back for your follow-up appointment and you have spoken to our office, then you can have your family doctor take out the stitches.
5. Once the stitches are out you can shower and get the incision wet.
6. Do not scrub vigorously because the incision is still healing for the first month after surgery.

Wound Care without External Stitches

1. No showering or getting the incision wet for 1 week after surgery
2. Remove the dressings on the 2nd day after surgery.
3. Leave the incision open to air after you remove the dressings.
4. You may now take a shower. Do NOT let the water beat directly on the incision for the first month after surgery.
5. There will be a small amount of surgical glue left on the incision. If you cannot get it off, then use Neosporin on it until soft enough to peel off.