

# Mark D. Wigod, MD, PA / Meadow Lake Surgery Center

## POST-SURGERY INSTRUCTIONS

Your post-operative visit is scheduled for: \_\_\_\_\_

### DAY OF SURGERY INSTRUCTIONS

You will only be released to the care of a responsible adult. All of these instructions must be clear to the adult who will monitor your health and support you, around the clock in the first 24 hours following surgery.

**Rest, but not bed rest:** Recline in a comfortable position and minimize time with your feet lower than your lower body. While rest is important in the early stages of healing, equally important is that you are walking under your own strength. Spend 10 minutes every 2 hours engaged in light walking indoors as you recover. Take 10 deep breaths in every hour with the incentive spirometer provided in recovery to minimize chances of fever and pneumonia.

**Good nutrition:** Fluids are critical following surgery. Drink non-carbonated, non-alcoholic, caffeine-free, and green tea-free beverages. Sports drinks like Gatorade and fruit juices are particularly good. Do not only drink plain water as it can over dilute the salts in your body. You should consume at least 8 ounces of fluid every 2 hours and should have pale yellow urine (darker colors indicate you may not have enough fluid in your body). Eat soft, bland, nutritious food for the first 24 hours.

**Good hygiene:** Touch your operative site with clean hands and clean garments only and wash gently as instructed. Avoid contact with pets (particularly lying or sleeping with them as this is associated with increased risk of infection).

**Prescriptions:** If you have been prescribed an antibiotic, it is important that you take it as prescribed and complete the entire course of medication. If you have been prescribed oxycodone, you should take the medication as prescribed. Taking your medications with food minimizes nausea. If pain control is not adequate, call the office to discuss taking a larger or more frequent dose. You may want to use a stool softener like Colace if you are prone to constipation with narcotics. Constipation is usually temporary and usually responds to Milk of Magnesia. If you have been prescribed Phenergan or Zofran, this is a medication to minimize nausea sometimes associated with anesthesia and pain medication. If you do not have nausea, you do not need to take this medication. If you have been prescribed other medications, your discharge nurse will discuss them with you. Do not take any of your ceased medicines or supplements until at least one week post op.

**Do not smoke.** Smoking can greatly impair your safety prior to surgery and your ability to heal following surgery. You must not smoke nor be around secondary smoke.

**Relax.** Do not engage in any stressful activities. Minimize lifting your hands over your head. Do not lift more than 5 pounds. Take care of no one, and let others tend to you.

### CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- A high fever (101.5°), severe nausea and vomiting, persistent dizziness or odd behavior
- Any pain that cannot be controlled by your pain medication.
- Bright red skin that is hot to the touch.
- Excessive bleeding or fluid seeping through the incisions. Do not disturb steri strips or tissue glue.
- New onset of a severely misshapen, painful, and / or bruised operative site (possible hematoma).