

Post Procedure Information

- ³⁵₁₇ Climb stairs slowly and use the handrail. Walking is good for you.
- ³⁵₁₇ No lifting more than 5 lbs until notified by your surgeon
- ³⁵₁₇ You should wait 48 hours before you shower. After showering, remove the clear occlusive dressing and gauze pad. If there is paper tape across the incision (steri-strips), leave them in place for 7-10 days or until they fall off on their own.
- ³⁵₁₇ Do not soak the incision by swimming or using a hot tub for a week.
- ³⁵₁₇ Do not drive, operate any equipment, sign important papers, or make any significant decisions during the first 24 hours after your surgery.
- ³⁵₁₇ After 24 hours, you may drive when comfortable and NOT taking pain medication.
- ³⁵₁₇ Check with your surgeon before returning to work, as well if you plan on any pulling, pushing or straining (vacuuming, shoveling, sweeping etc)..
- ³⁵₁₇ To avoid trouble with constipation:
 - Drink at least 8 glasses of water or juice each day
 - Eat high fiber foods (whole grain breads and cereals, vegetables and fruits)

Call your doctor if you have

- ³⁵₁₇ Increased bleeding or drainage from your incision
- ³⁵₁₇ Swelling, opening of your incision
- ³⁵₁₇ Foul smell from your incision or dressing
- ³⁵₁₇ Increasing redness or tenderness around your incision
- ³⁵₁₇ Chills or fever over 101 degrees (by mouth).
- ³⁵₁₇ Pain not helped by your pain medication
- ³⁵₁₇ Trouble or pain with breathing, development of green, yellow bloody sputum
- ³⁵₁₇ Increasing nausea or vomiting
- ³⁵₁₇ Constipation longer than 2 – 3 days
- ³⁵₁₇ Watery diarrhea stools (6 or more in 1 day)
- ³⁵₁₇ Pain, frequency or burning with urination
- ³⁵₁₇ Pain or tenderness in calf of either leg
- ³⁵₁₇ If you have not urinated in 6 hours after your procedure, become distended (full bladder) or feels like you have to urinate and can't.
- ³⁵₁₇ Other significant questions or concerns.