



Post-Operative Instructions

Your post-op appointment is scheduled for:

Date: _____

Time: _____

**Location: 403 W Oak St. Suite 204
El Dorado, AR 71730.**

The following instructions will provide helpful information that will assist your recovery. These are designed to be general guidelines. Remember, everyone recovers differently.

Pain Medication

You will be given a prescription for a pain medicine after surgery - Please follow the direction on the label.

Do not drive while taking pain medication.

Do not take pain medication on an empty stomach. This may make you nauseated.

Use a stool softener or gentle laxative (such as Dulcolax), as constipation is not uncommon with some pain medication.

If you no longer need your prescribed pain medication, you may take over the counter pain medication such as Tylenol (acetaminophen) or Advil (ibuprofen) for pain.

Activity

- If possible, have someone to help you at all times.
- Listen to your body and rest when you are tired.
- For 12-24 hours after your operation, you may feel slightly nauseated, lightheaded, or dizzy. These are normal reactions and will pass with sufficient rest.
- Do not lift anything heavy (over 15 pounds) or as directed by your physician.
- Do not drive a motor vehicle; operate machinery or power tools for 24 hours or while taking pain medications.

Diet

- Advance to your diet as directed by your physician slowly over the next day or two.
- You may resume your normal diet if you are not having problems with nausea and vomiting. Avoid greasy, fried or spicy foods.
- Start with a bland diet and then work your way up to a regular diet as tolerated.
- Do not drink alcohol in the immediate postoperative period while taking pain medication.
- Whole foods and a good intake of water will help with constipation.

Wound Care

- Always wash your hands with warm soap and water before and after caring for your wound.
- If you have a gauze bandage over the incision, you may remove it the morning after your surgery. At that time, you may shower.
- If you had a port inserted, you should have a clear dressing over the site. You can shower but you do not need to get this wet for at least 3-4 days.
- If you have narrow white tape strips over the incision (steri-strips), keep them dry for 48 hours. Do not remove them unless they are curling up at the side and almost falling off (if you remove them sooner, you risk pulling the incision apart).
- Staples or sutures are generally removed in 7-14 days.
- Many incisions will have buried absorbable sutures, which do not need to be removed.

Showering

- You may shower the day after your surgery.
- You may clean your incisions gently with clean hands and an antimicrobial soap(dial). Rinse and pat dry.
- Do not soak in the bathtub or submerge your incisions until instructed by your doctor.

Call or text the office @ 870-881-9311 if you experience any of the following:

- Your temperature is 101°F or higher. It is not uncommon to have a low-grade fever after surgery.
- You have **new** redness around the incision or if pus drains from the incision.
- Severe bleeding occurs. Apply direct pressure to the area.
- Severe abdominal pain, vomiting, or jaundice occurs (yellow tint to eyes or skin).
- White- or clay-colored stools
- Call 911 in an emergency or go to your nearest Emergency Room.