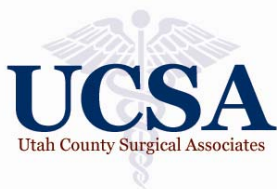


Post-Operative Instructions



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Pain

You will likely be given a prescription for pain medicine. Take this as directed. Unless otherwise stated by your physician, you may also use ibuprofen to supplement or replace the pain medicine. The adult dosage is 600 mg every 6 hours or 800 mg every 8 hours. If you have heart disease naproxen is better, but talk to your cardiologist before taking non-steroidal medications like ibuprofen or naproxen. Most prescribed pain medicines have Tylenol in them so you should not take Tylenol at the same time.

An ice pack for the first 24 to 48 hours can help with pain and swelling. Thereafter, you may use a heating pad as needed.

Some people may experience some muscle spasms. The best treatment for this is applying heat, using the ibuprofen and doing some gentle stretching.

Gas pains and bloating are common, especially after laparoscopic surgery and are best treated with frequent walking.

Sometimes pain medicine doesn't seem to control the pain. This can happen for a variety of reasons most of which can be helped by following these instructions. If you've tried all of these or are having a reaction to the medication, please call as we may consider changing the medication.

Diet

The first twenty-four to forty-eight hours after surgery you should eat a soft, bland diet and stay hydrated. Some people will experience nausea from the general anesthetic and this kind of diet can help minimize those symptoms. Pain pills should be taken with food because they can cause nausea as well. If the nausea persists or you are vomiting, a prescription for an anti-nausea medicine can be given.

Activity

You should not do any heavy lifting or other strenuous activity until your physician says it is alright. Walking is encouraged.

Incisions

Please leave your steri-strips in place until they fall off or are removed by your surgeon. Other bandages should be removed after a day or two and replaced by a new bandage if there is any drainage from the incision. If there is not drainage, they can be left off.

Staples are typically removed one to two weeks after surgery. Please make an appointment and follow up within this time frame.

Showering is okay 36 to 48 hours following surgery. The incision should not be soaked (tubs, pools, etc) for at least two weeks or until directed by your surgeon.

Bleeding

It is very common to have some minor bleeding from the operative site or to notice some bruising a few days later. If it seems excessive, contact your physician.

Infection

If you should develop a fever over 101.5 F or increasing redness or pain at the incision or drainage from the incision, contact our office or the on-call physician.

IV Site

Some swelling and minor redness is common at the iv site. Apply warm, moist heat. If the redness spreads, please call as you may need an antibiotic.

Drains

If you are sent home with a drain in place, please empty it regularly and record the amount that comes out in each 24 hour period. This will be used to determine when the drain can be removed. Keep gauze around the exit site and change it daily.

Constipation

It is not uncommon to develop some constipation following surgery. If it has been a day or two since you had a bowel movement, you should take a gentle laxative like milk of magnesia as directed on the bottle. Colace (docusate) may be helpful while taking pain medication to keep from becoming constipated. One or two 100 mg tablets can be taken twice a day.

Urinary Retention

Sometimes after general anesthesia especially with hernia or hemorrhoid surgery, it may be difficult to empty your bladder. Try putting your hand in warm running water or standing in the shower. If it has been more than eight hours or you are uncomfortable, you will need to go to the emergency center to have a catheter placed.

Follow Up

Please set up a follow up appointment with your surgeon within one to two weeks after your surgery. The surgeon wants to monitor the progress of your recovery. These visits are included in the surgical fee and do not cost you anything additional. Please call **801-374-9625** when you get home to set up this appointment.

Specific Procedures**Inguinal Hernia**

The scrotum and/or penis may turn black and blue. You may also experience some testicular swelling. Use an athletic supporter or briefs to help minimize discomfort in addition to the medications and ice (see above). If swelling is excessive, contact our office.

Gallbladder

You may benefit from one to two weeks of a soft, bland diet, low-fat diet.

Breast Biopsies

Wear a supportive bra to help minimize discomfort and bruising.

Hemorrhoidectomy

You will likely have some bleeding with bowel movements initially. If it is more than ½ a cup you should call.

If any of your symptoms seem life threatening such as shortness of breath or chest pain, call 911 or go to the nearest emergency room.