



## **Expectations Following Your Surgery**

### **Wound care:**

You will have at least one incision, depending on the type of surgery you are having, closed by suture or staples and covered with a bandage after your surgery. You may have some pain at the incision site, but in most cases, a long-acting local anesthetic is used to numb the incision for several hours. You will want to keep your wound clean, dry, and covered for the first few days. Your doctor will also give you a prescription for pain medication the day of surgery. Take only as directed by your doctor.

### **Diet:**

Start with light, non-greasy foods for a few days and then advance diet as tolerated. Drink plenty of fluids. Do not consume alcohol while using pain medication.

### **Pain medication:**

Do not drive, operate machinery, or make important decisions while using pain medication. Your pain medication will be a narcotic which impairs judgment and reaction times. Narcotics tend to cause nausea so are best taken with food. They also can cause constipation. Drink plenty of fluids and follow a diet high in fiber and fruit content. A stool softener may be needed if you have to use pain medications for a long period of time.

Do not take aspirin or aspirin-type medications (NSAIDS, Ibuprofen, Advil, Motrin, etc.) because this could cause excessive bleeding and bruising due to blood thinning.

Ask your doctor before taking any medications that can cause sleepiness (sleeping pills, cold tablets, etc.).

### **Symptoms to watch for and report to your physician:**

Some swelling and oozing should be expected from the incision site. Try applying ice packs for 20 minutes off and on for the first 24-48 hours. If you experience any signs of infection (swelling, redness, pain in the area around the incision, or fever) contact your surgeon immediately. Contact numbers are listed below.

### **Follow-up care:**

You will need a follow-up appointment. One will be scheduled for you before you are discharged. If the appointment time or date does not work for you, you may call the doctor's office directly to reschedule but it is important that you do follow-up as recommended.

### **Contact Numbers**

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