

PLEASE READ. IMPORTANT POST-OPERATIVE REMINDERS

Activity:

- Shift positions frequently and avoid long periods of standing, sitting or lying down. Short walks along with gradually increasing your activity can be helpful, but should be stopped if it dramatically increases your pain.
- No lifting, pushing, pulling or overhead reaching/lifting of object over 5-10 pounds (a gallon of milk weighs 8.5 pounds) and no strenuous activity.

Wound Care:

- Keep your incision clean and dry.
- You may shower, but do not soak in the bath tub/pool etc, for up to 6 weeks. You may pat the incision dry but do not rub or irritate the incision.
- Ensure that you wash your hands before and after touching incision.

Call our office :

- If you have a fever 101 or higher.
- If there is increased redness, soreness, swelling, or foul-smelling drainage in or around incision.
- To schedule your post-operative appointment.

Medication:

- To avoid delay or interruption in your pain management call our office upon your return home to request a refill. Medication refills requested on Friday will not be refilled until the following business day. Allow 24 hours.
- Controlled substances, such as narcotic pain medication cannot be called or faxed into a pharmacy. Patient or a designated individual may come to our office to pick up a written script, or a prescription may be mailed to your home address. Allow 72 hours.
- Pain medication may cause constipation. To minimize symptoms increase your fluid intake and over the counter stool softeners may be used in combination with a fiber rich diet.

****When you return home please call our office to schedule your post-operative appointment****