



## GENERAL INSTRUCTIONS

The following instructions should be followed closely except when overruled by specific procedural instructions. You must follow your surgeon's instructions as indicated for your specific surgery. Notify your surgeon of any unusual changes in your condition and feel free to call the office with any questions.

- You **MUST** have an adult drive you home from the facility. You will not be allowed to drive yourself or use public transportation.
- After surgery you **MUST** have a responsible adult stay with you a minimum of 24 hours. You **CANNOT** be left alone. The 24 hours begin when you are discharged from the office or hospital. Have everything ready at home **PRIOR** to surgery. Make arrangements for someone to stay with you. Let the person or persons know you cannot be left alone. This is important because of the danger of falling or injuring yourself accidentally while recovering from anesthesia.
- The effects of anesthesia can persist for 24 hours. You must exercise extreme caution before engaging in any activity that could be harmful to yourself or others.
- **DRINK** fluids to help rid the body of the drugs used in surgery. If you have straws in the house you will tend to drink more fluids the first few days after surgery.
- Diet may be as tolerated. Eating foods that are bland and soft for the first day or so can be helpful. You must eat more than crackers and juice, otherwise you will continue to feel weak and will not heal as well. **REMEMBER** to take your pain medications with food.
- Please avoid the use of alcoholic beverages as long as pain medications are being used (dangerous combination). Avoid alcohol for a few weeks postoperatively (it dilates blood vessels and can cause unwanted bleeding).
- Take only medications that have been approved by your surgeon for your postoperative care and take them according to the instruction on the bottle. If you normally take prescription medications, please clear these with our office at your preoperative visit.
- If you experience any generalized itching, rash, wheezing or tightness in the throat, stop taking all medications and call the office immediately, as this may be a sign of a drug allergy. If you are having difficulty breathing, call 911.
- You can expect moderate discomfort, which should be helped by the pain medications. The greatest discomfort is usually during the first 24 – 48 hours. Thereafter, you will generally find that you require less pain medication.
- You may return to work when you feel able and are cleared to do so by your surgeon.



- Call (480) 423-1973 if you have: SEVERE PAIN not responding to pain medication; worsening swelling, (especially if it is greater on one side than the other) a FEVER greater than 101F, spreading REDNESS around a wound site, new or excessive DRAINAGE; or if any other questions or problems arise.
- Keep any DRESSINGS ON, and keep them CLEAN AND DRY. Do not remove them until instructed to do so. There may be some bloody drainage on the dressings. If you have excessive bleeding or the bandages are too tight, call the office immediately.
- After surgery it is important to have a bowel movement within a few days. This is why you should take Colace 100mg twice a day while on pain medications. This is an over-the-counter medication. If you do not have a bowel movement after a few days on the colace, please let us know.
- Minimal activity for the first 48 hours. No house cleaning, furniture rearranging, etc. Relax, be pampered, and let your body heal. The less energy you use on doing things, the more energy your body can focus on healing.
- Position after surgery is different with different types of surgery. If your surgery is from the waist up we ask that the head of the bed be elevated 45 degrees for 24 hours after surgery and 10 to 15 degrees for the remainder of the week. This requires a pillow under the small of your back, two pillows under your shoulders and head, and if you have a pillow under each elbow you will relax and stay in position. If you have surgery on your face or eyes, DO NOT bend over (ie, to pick something up or tie your shoe) as this can increase the blood pressure in your face and cause bleeding.
- You are requested to remain within a reasonable traveling distance of the office for approximately ten days.
- Once cleared to shower you may do so every day. Keep showers brief, do not let the water spray your incisions directly, and gently pat dry. Please do not use the bathtub for 2 weeks.
- NO SMOKING for the first 6 postoperative weeks. Any cheating can delay healing significantly.
- You may drive two days after anesthesia, but only if you are off the pain pills, and experience no pain with this activity (you need to be able to react quickly).
- All surgeries involve some scarring, which can take over a year to completely flatten and mature. No matter how small scars may be, we still want them to heal as well as they are able. Exposing red scars to the sun can cause permanent discoloration. A good sunscreen (SPF 15 or higher) can help and will protect the surrounding tissues that might not feel a sunburn developing while the nerves are healing. Sunlight can even reach scars under a swimsuit, so take adequate precautions.
- DO NOT use a hot tub for 4 weeks.
- AVOID sports or strenuous activities 4 to 6 weeks after surgery. Make sure you have clearance from your surgeon before pursuing these activities. This is to avoid any unnecessary complications (bleeding, bruising, swelling).