

# Winchester Surgeons

“Putting Patient Care First”



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## Outpatient Surgery Instructions

Surgical procedure: .....

Date: .....

**Diet:**  You can eat a regular diet without any restrictions. On the first day eat small meals and drink plenty of liquids (8-10 glasses). Nausea and vomiting from anesthesia is not uncommon for 24 hours after surgery. Do not take any alcoholic drinks while taking pain killers.

Other: .....

**Activity:** Do not drive if you are taking narcotic medicine or within 24 hours afterward.

Normal

You can walk and walk up stairs. Do not lift more than 10-15 pounds for 4-6 weeks or as directed. Do not return to exercise or strenuous activity until you are seen in follow-up.

**Pain and discomfort:** You have been given a prescription for a narcotic (Norco/Lortab, Percocet, Darvocet, Tylenol#3, Demerol or Dilaudid). Call the office if you experience itching or a rash and stop the medication. If you don't need as much pain medicine, you can take two extra strength Tylenol every 6 hours. All narcotics will make you constipated. Drink plenty of liquids. If you do not have a bowel movement in 2-3 days then take one of the following by mouth: Miralax (1 serving-2 times a day) or Metamucil (1 Tablespoon in 16oz of water or juice-2 times a day) or Mineral Oil (2 tablespoons-2 times a day) or Milk of Magnesia (2 tablespoons-2 times a day).

### **Incisional care:**

Remove the gauze covered with tape 24 hours after surgery. Leave on the skin glue or small strips of tape (steri-strips). They will fall of in 5-10 days. You may shower 24 hours after you go home unless you have drains. Do not soak in a bathtub or swimming pool. After 24 hours it is not necessary to keep your incision covered unless it makes you more comfortable.

Your skin staples (sutures) will be removed when you come for your post-op visit

Other: .....

**Call our office if you have:** Temperature over 101.5F, redness or swelling at the incision site, foul smelling drainage from the incision, increased tenderness or soreness at the wound or the wound edges are no longer together.

**Follow up appointment:** Please call our office at your convenience to schedule a follow-up visit 7-10 days after your surgery.