

DISCHARGE INSTRUCTIONS FOLLOWING SURGERY POST-SURGERY INSTRUCTIONS

ACTIVITY: You should be as active as is comfortable. Walking and light exercise will help you recover quicker.

- You may walk and go up and down stairs the day of surgery.
- Do not lift anything heavy (greater than ten pounds or the weight of one gallon of milk) for at least two weeks or until approved by Dr. Zia.
- Do not do any type of stretching or other exercise until you are seen by Dr. Zia.
- Resume driving when you feel comfortable and strong enough without the need for pain medication.

DRESSINGS: For the first two days, do not remove the dressings that were placed in the operating room.

- Apply an ice pack to the area of your incision to help with swelling and pain.
- Your skin is closed with dissolving stitches that do not need to be removed.
- You may have small band-aids sticking to the skin across your incision. Do not pull them off; they will fall off in time.
- If non-dissolving sutures or staples were used to close your incision sites, these will have to be removed at your first postoperative office visit.

SHOWERING/BATHING: You may take a shower two days after your surgery.

- Remove your dressings and clean your incision gently with soap and water.
- Do not take a bath, go swimming or sit in a tub for at least two weeks.

DIET: While there are no new restrictions on your diet, your pain medication and the effect of your anesthesia during surgery may make you feel nauseated.

- Drink water and juices the day of surgery.
- If you eat too much too quickly you may vomit, so eat small portions for the first few days after surgery.

MEDICATIONS: Unless told otherwise you should resume taking all of the medications you were taking before surgery.

- You will be given an additional prescription for pain medication, which can be taken every 3-4 hours if necessary.
- Side effects from the pain medicine include constipation. If you do not have a bowel movement within 48 hours of your operation, you should take a laxative such as *Milk of Magnesia* (available over the counter at any pharmacy). You can take this up to three times per day until you are having daily soft bowel movements.

- If you are having trouble urinating, call Dr. Zia for further instructions.

FOLLOW-UP APPOINTMENT: You should be seen in the office 10-14 days postoperatively. Please call Dr. Zia's office to schedule this appointment at **202-370-6570**.

PLEASE CALL US IMMEDIATELY FOR ANY OF THE FOLLOWING PROBLEMS:

- Severe and worsening pain
- Worsening redness or swelling at incision site(s)
- Drainage from your incisions

Please feel free to call the office with any other concerns or questions that might arise.