

## Oklahoma Surgical Associates - Routine Post-Operative Questions & Answers

**Bandage:** You may remove your bandage the day following surgery unless directed by your physician.

- **If your stitches are underneath the skin:** there are tapes across your incision that should stay on for about 10 days after surgery. If they start to curl on the ends you may trim them carefully. It is okay to get them wet in the shower.
- **If your stitches are on top of the skin:** it's ok to get them wet but just pat the area after showering. You may want to keep a dressing over the incision to keep the stitches from catching on your clothing.

**Constipation:** If you are taking pain medication you may need to take a laxative.  
You may take: Milk of Magnesia: 2 tablespoons twice a day or a fleet's enema as needed.  
If you're constipated more than 24-48 hours, please call the office.

Don't expect to have a bowel movement immediately. It will take at least a day or two after surgery for your bowels to return to normal.

If you are taking pain medication, we recommend that you also take a stool softener to help prevent constipation.

**Diet:** Keep a bland diet for the first 24 hours after surgery and frequent small amounts of food will help decrease nausea. Drink plenty of fluids, we are more concerned about how much you drink.

**Diarrhea:** Push fluid intake to avoid dehydration, if longer than 24 hours, please call the office.

**Driving:** No driving until you are pain free and no driving while on pain medications.

**Fever:** Tylenol as needed. For temperature over 101, you should call the office

### **Incision Problems:**

- **Redness:** It is not uncommon to see some redness right at the incision. However if redness extends away from the incision it could be a sign of infection, so please call the office.
- **Oozing:** Oozing around the staples is normal. It will go away when the staples are removed.
- **Blisters around the dressing site:** You may use Bacitracin/Neosporin sparingly.

**Nausea/Vomiting:** Clear liquids for 24 hours. Try Benadryl 25mg. (over the counter) 3-4 times a day.  
If you have symptoms longer than 24 hours, please call the office.

**Pain medication/Ibuprofen:** We suggest you take Ibuprofen in addition to your prescription narcotic around-the-clock for at least the first week after surgery.

### **Rash:**

**If on your abdomen only:** it is probably from the pre-operative scrub or tape.

**If the rash is more extensive:** medication will be needed: you may take Benadryl 25mg. two to three times a day.

**Scrotal swelling/Bruising after hernia surgery:** This often occurs after this type of surgery. You will need to wear briefs for support and apply ice as needed.

**Shower:** You may take a shower 24 hours following surgery. Take bandages off before showering. If you have steri-strips on your incision, you may get them wet. Do not rub, just pat the area after showering.

**Walking:** Walking is very good after surgery. You may bend over and climb stairs. Exercise is encouraged to prevent blood clots, pneumonia and to promote bowel activity.

**Weight/Lifting limits after surgery:** No lifting over 10 lbs. for first 2 weeks, then no lifting over 20 lbs. for an additional 4 weeks. (Unless otherwise instructed by your physician.) If your job requires no lifting, and you are not taking pain medication, you may go back to work.