

## **Are there any diet restrictions?**

- Mushy soft food
- Avoid alcohol, caffeine, all carbonated beverages, gum or hard candy that may stimulate saliva
- Follow dietary instructions provided by the dietician
- Avoid constipation. Drink plenty of water and caffeine-free fluids. Take stool softeners (Colace) while you are taking prescribed pain medication

## **When can I go back to normal activities?**

- Do not lift, push, or pull anything greater than 5 - 10 pounds for 2 weeks. This includes strenuous activities such as vacuuming, lifting children, groceries, laundry, moving furniture, mowing lawns, sports activities
- No driving until your first post-op visit and if still taking pain medication. You may ride as a passenger.
- Walk as much as tolerated. You may climb stairs in moderation
- Resume sexual activity as discussed at your first post-op visit

## **How will I care for my incision?**

- The incision sites will be closed with dissolvable sutures or glue and covered with steri-strips, do not try to pull off, they will fall off in about 1-2 weeks
- You may shower; gently wash incisions and pat dry. Leave open to the air and dry. No tub baths, hot tubs, or swimming until the incisions are completely healed
- Avoid tight clothing around your incision sites or fabrics which may irritate the skin. Wear loose comfortable clothing

## How I manage my pain at home?

- All medication must be in liquid form or crushed and sprinkled over food
- For best pain control take your pain medication at regular intervals, about every 4-6 hrs. This will prevent pain build-up that may occur. Use only as much prescription pain medications as you need.
- Do not drink alcohol or drive while taking narcotic pain medication

## When should I notify my physician?

- Temperature above 101°F
- Significant increase in wound pain or discomfort
- Excessive redness, swelling, or drainage from the incisions
- The incisions begin to open
- Change in overall health; nausea, vomiting, profuse sweating, diarrhea, constipation,

## Follow-up:

- You will return to the clinic for your follow-up visit about two weeks after surgery. If you have not already received an appointment, one will be arranged for you and you will be notified by mail.
- Nurse Clinician- 734-936-5738 (M-F)
- SGI Resident on-call (after hours, holidays) through hospital paging- 734-936-6267

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