



Are there any diet restrictions?

- Return to your same diet as before surgery
- Add fats slowly
- Avoid constipation; drink plenty of water and caffeine-free fluids. Take stool softener while you are taking prescribed pain medication

When can I go back to normal activities?

- No lifting anything greater than 5 -10 pounds for 6 weeks. This includes strenuous activities such as vacuuming, lifting children, groceries, laundry, moving furniture, mowing lawns, sports activities, etc.
- No driving until after your first post-op visit or while taking narcotic pain medication. You may ride as a passenger.
- Walk as much as tolerated. You may climb stairs in moderation.
- Resume sexual activity in 2 weeks or as discussed with your physician

How will I care for my incision?

- Remove dressing 24 hrs after surgery
- You may shower starting 24 hrs after surgery; gently wash incision and pat dry. Leave open to the air and dry. Do not use powders or creams. No tub baths, hot tubs, or swimming until after discussed at your follow-up clinic visit
- Staples, if present, will be removed at your follow-up clinic visit
- Steri-strips may be present on your incisions. These can be peeled off if they don't fall off by about 2 weeks. Do not pull off earlier.
- Avoid tight clothing around your incisions or fabrics which may irritate the skin. Wear loose comfortable clothing

How I manage my pain at home?

- For best pain control take your prescription pain medications (Narcotics) 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.

- Taking over the counter ibuprofen (Motrin, Advil) alternated with prescription pain medication may improve pain control and reduce your need for narcotics.
- Taper off the use of prescription pain medication by using acetaminophen (Tylenol) or ibuprofen (Motrin, Advil) as pain decreases several days after surgery
- 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 incision sites.
- The incisions begin to open
- Change in overall health; nausea, vomiting, chills, profuse sweating, diarrhea, constipation
- Whites of eyes or skin turning yellow

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- 734-936-5781 (M-F)
- SGW Resident on-call (after hours, holidays) through hospital paging- 734-936-6267

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