

**PHYSICAL ACTIVITY**

When you return home, your body will tell you how much and what kind of activity you are able to do. When you start experiencing soreness or pain, it's time to slow down or stop what you are doing. **Relax** - you are not going to break, twist, or pull apart anything inside of you when you experience pain or soreness. Remember – it is important to walk as much as possible for the first week after surgery. Try to return to your normal daily activities as much as possible after surgery.

**DIET**

Until your first post-operative visit (or maybe longer), you can only drink Clear Liquids (*Water, Sugar-Free Clear Drinks, Clear Fruit Juices, Sports Drinks, Clear Soup*). You cannot drink any thick liquids and you should not eat any food. Further, the liquids should be non- carbonated and non-caffeinated.

Drink as much **clear liquid** as you can tolerate comfortably throughout the day. Start drinking early and continue through the day. Do not wait to get thirsty. If you become bloated or nauseated, take a break from drinking, and resume again when you feel better.

By drinking 4-6 ounces per hour, a goal of 64 ounces (1/2 gallon) of liquids should be reached each day.

**MEDICATIONS**

Resume all medications that you were taking prior to surgery.

**BEGIN TAKING A MULTIVITAMIN.**

If you were taking a **DIURETIC** ('Lasix' or "HCTZ; hydrochlorothiazide" containing medications) prior to surgery, you may need to lower the dose or discontinue it entirely. Prior to surgery, please discuss possible medication changes with your prescribing physician.

If you were taking **DIABETIC** medications prior to surgery, remember to begin monitoring your finger-stick blood sugars. Because of the change in diet and weight loss, your blood sugars may change dramatically after surgery and you may need to make changes in your insulin or oral medication dosage. Prior to surgery, please discuss possible diabetic medication changes with your prescribing physician.

**INCISION CARE**

Any clear plastic bandage covering an incision (wound or surgical scar) can be removed on the day after surgery. Remove the gauze under the bandage as well. There are small paper tapes covering the incision under the gauze.

All incisions will be covered by small paper tapes. The incisions, which have been closed with dissolvable stitches, are under these pieces of tape.

You may shower but no bathing until 2 weeks after surgery. When you shower, you can wash over the paper tapes with soap and water (they can get wet). Do not remove the small pieces of tape by yourself – they will fall off on their own in 5 to 7 days.

If any redness or swelling occurs around the incisions call the office. Some fluid (yellow to light red to orange) may ooze or leak from the incisions. This is generally normal. However, if the fluid is foul smelling, thick, or does not decrease in amount, call our office.

**THE MOST IMPORTANT RULE**

Call us ANY time you are:

- 1) concerned
- 2) think you may be having a problem
- 3) have a question.

**If you feel it is an emergency, go to an Emergency Room and have the doctor contact Dr. Matthew Lublin.**

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