

**General Surgical Care P.C.**  
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### **Post Operative Guidelines**

- Please call the office the day after surgery to schedule your follow up appointment.
- A pulling sensation around wound and/or bruising post operative is normal. There may be **swelling which can feel hard**, this is the **healing ridge**, the first phase of wound repair
- Outer bandage may be removed 24 hours after surgery (unless instructed otherwise). Only re-dress the wound if needed. Steri strips and surgical glue remain in place and will loosen on their own in approx. ten days. Keep wound clean and dry.
- Call the office for any of the following: fever over 100.5, significant nausea, vomiting, diarrhea, excess redness around wound.
- You may **shower** over the surgical area. Pat dry gently. No bathing, soaking or swimming until 2 weeks post operative.
- Walk and take stairs as comfortable. Walk at least 3 times daily. No lifting greater than 20 lbs for 2 weeks unless directed otherwise.
- You may wish to eat light for a few days, to avoid constipation.
- **Milk of Magnesia** can be taken for any **constipation**.
- **Ice** may be applied to surgical area to help ease swelling, bruising and pain. (Bags of frozen peas or corn work well)
- Resume regular medications, unless otherwise directed. **Use pain medication only for significant discomfort.**
- Do not drive or make important decisions while taking narcotic pain medication and/or 24 hours after anesthesia. You can drive 5 days after surgery if NOT taking pain medication.
- Return to work when you feel well enough or as discussed with your surgeon. As a guideline you will need one or two weeks off of work. If your employment involves lifting, a return to work estimate will be longer.