

General Surgery Post-op Instructions

These are general post-operative instructions which apply to most general surgery procedures. If there are additional details to your post-operative care this will be discussed with you ahead of time.



YOUR COMPREHENSIVE SURGICAL SOLUTION
GENERAL, COSMETIC AND BARIATRIC SURGERY

1. No driving the day of surgery
2. No driving while taking narcotics
3. It is ok to shower 24 hours after surgery. DO NOT soak in water (no hot tubs, pools, lakes, baths).
4. Do not lift greater than 10 pounds unless instructed to do so by Dr. Ditto.
5. You will need to call the office to schedule a follow up in 2 weeks unless instructed otherwise by Dr. Ditto. Our office number is 512-436-9986.
6. You can resume your home medications unless instructed otherwise. If you are taking a blood thinner please inform Dr. Ditto so we can discuss when it will be ok to resume this.
7. You can resume a regular diet unless you are instructed otherwise.
8. I recommend you pick up a stool softener that is over the counter such as Colace to prevent constipations especially if you are taking narcotics.
9. Call me with any of the following:
 - a. Pain that does not go away with your prescribed pain medications
 - b. Pain that gets worse instead of better
 - c. Fever greater than 101°F (38.3°C)
 - d. Uncontrolled and persistent nausea and vomiting
 - e. Excessive pain, bleeding, swelling, or redness around the incision site
 - f. Signs of infection such as green/white and foul-smelling drainage from the incision
 - g. No bowel movements or unable to pass gas for 3 days
 - h. Watery diarrhea lasting longer than 3 days.