

GENERAL POSTOPERATIVE INSTRUCTIONS AFTER SURGERY

Immediate restrictions because of the anesthesia you have received you need to:

- Limit your activities for 24 hours
- Do not drink alcoholic beverages because they can sometimes exacerbate the effects of the anesthesia.
- Start a clear liquid diet and advance to a regular diet if the clear liquid diet is well tolerated.
- Do not make any important or critical decisions

Contact our office (949-276-8050) if you experience any of the following:

- Excessive bleeding (i.e. soaked bandage)
- The pain medication is not controlling the pain
- The patient is unable to urinate after 8 hours following surgery.
- Patient is experiencing vomiting which persists overnight
- Fever greater than 101F
- Excessive redness or swelling around the incision
- Any drainage from the wound

NOTE: If you are unable to get in contact with Dr. Klause or her office, please go to the Emergency Room.

Dressings

- If you have a clear covering for dressing (Dermabond), you can get the wound wet and it will fall off in about 2 weeks.
- If you have a traditional gauze dressing, please keep it dry and remove after 48 hours.
- If you have visible sutures or staples, please apply antibiotic ointment of choice daily after the dressing has been changed. These will be removed in our office in approximately 7-10 days.

Swelling

- Ice the wound for the first 48 hours if there is any sign of swelling.
- Apply to wound for 15-20 on and then 15-20 minutes off
- You can use any standard ice pack that you have at home or frozen green peas work

Open Wounds

- Care and dress as instructed

Drains

- Empty and record output daily as instructed
- Change dressing daily
- It is OK to shower but make sure to change the dressing afterwards

Activities

- No heavy lifting greater than 10 pounds for 2-4 weeks for any hernia or deep abdominal surgery
- Light exercise is encouraged for any surgery as long as heavy lifting is not involved.

Follow-up Appointment

- Please call our office at 949-276-8050 to make a follow-up appointment within 7-10 days after surgery
- If you are experiencing any complications or have questions, please call our office as soon as possible. If you are unable to reach our office, please go to the Emergency Room.

