

POST OPERATIVE INSTRUCTIONS MINOR SURGERY

DIET

Eat lightly the night after your procedure. If you are not nauseated you may return to normal diet the next day. Avoid carbonated drinks for 2-3 days, as they can make gas pains worse. You may take an over the counter medication for gas or constipation

ACTIVITY

No driving for 48 hours. No heavy exercise for 48 hours. No intercourse for 1 week. Return to other activity as tolerated. It is okay to shower or bathe when you like. Get extra rest the first few days after surgery. You may ride in a car when you feel ready.

WOUND CARE

It is normal to have some light bleeding or spotting for 1-2 weeks or dark discharge. Laparoscopic incisions may be sore and slightly firm to touch. Bandages can be removed after 48 hours. Call if your wounds are red or draining. Wash with soap and water.

MEDICATIONS

Medications will be given to you, usually at your pre-op visit by your doctor, if you do not need prescription paid meds, like Advil or Tylenol. If you feel you need a refill, please call during office hours. Pain medications may not be refilled by the on call doctor. You may resume all other medications the evening of your surgery, once you can eat.

Follow-up as directed by your doctor, usually in about 3 weeks. Call for excessive pain, nausea, vomiting, temperature higher than 101 degrees, difficulty urinating, or problems with your incision.

We wish you a speedy recovery!