

# Surgical Associates of Austin, P.A.

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## POST OPERATIVE INSTRUCTIONS

- Your incision will be closed with dissolvable sutures in most cases. There are some exceptions to this in which sutures would be placed for removal at a later office visit. You will be informed if this exception occurs. A sterile dressing will be placed over the incision to cover and should be **LEFT IN PLACE FOR THREE DAYS**. Upon removing the dressing, you will notice tapes across the incision; these should be left in place until they fall off. You may **SHOWER ON THE DAY FOLLOWING SURGERY**, but do not immerse the incision.
- Some degree of swelling, bruising, or numbness is expected at the operative site. You may place an ice pack at the site for 24-48 hours. You do not need to report these symptoms, as they will typically improve gradually without any special treatment.
- Please report any fever > (greater than) 101, bleeding that soaks through the dressing, or local signs of infection such as redness or drainage from the incision.
- Avoid stress at the suture line such as lifting, pulling, or pushing. For hernia surgery and any abdominal surgery, **PLEASE AVOID LIFTING > (greater than) 20 pounds** until approved by your doctor (typically this would be for at least 2 weeks).
- Please call the office (within 24-48 hours after going home) and make a follow-up appointment for about 2 week after the surgery.
- Generally, you should plan to eat lightly after surgery (liquids, soups, etc.) until any nausea related to anesthesia has lessened. This would usually apply to the evening after surgery, but after general anesthesia it might involve the next day as well.
- Avoid constipation by drinking plenty of liquids, taking a laxative as needed, and/or taking a psyllium product such as Metamucil or FiberCon. The pain medicines frequently can be associated with constipation.
- No driving for 3-4 days after surgery (it is ok to ride in the car). Avoid alcohol for at least 24 hours after surgery, or for as long as you are taking the pain medication.
- Call one of our medical assistants if you have other concerns or do not understand these instructions.

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