

Follow Post-Operative Care Instructions

After surgery, following these guidelines can help you recover safely and comfortably:

- **Pain Management:** Take prescribed pain medications as directed to support healing. Follow your doctor's pain relief plan, which may include narcotics or over-the-counter options like Tylenol.
 - **Attend Follow-Up Visits:** These appointments are essential for monitoring recovery and catching any potential complications.
 - **Ease Back into Activity:** Allow your body time to heal. Avoid lifting heavy objects (more than 20 lbs) or strenuous activities until cleared by your doctor.
 - **Caring for Your Incision:** Your incision may be closed with dissolving stitches and surgical glue, which will fall off within 7-10 days.
 - **Showering:** You can shower the day after surgery, but avoid soaking incisions in a tub or pool for two weeks.
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Post-Surgery Bowel Care

Anesthesia and medications can slow digestion, so it's common to have delayed bowel movements. Here's how to manage your bowel health:

- **Expect Delays:** Bowel movements may return 2-3 days after surgery.
 - **Stay Hydrated and Drink Juices:** Drinking water, pineapple juice, or prune juice can help.
 - **Use Stool Softeners:** If you haven't had a bowel movement after two days, consider a stool softener or Miralax.
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Managing Pain After Surgery

Effective pain management is key to a smooth recovery:

- **Follow Prescriptions Carefully:** Take prescribed narcotics as directed, being mindful of possible nausea or constipation.
- **Alternate Tylenol and Ibuprofen:** For mild pain, alternate Tylenol (500 mg every 4 hours) with Ibuprofen (600 mg every 6 hours with food). Reserve narcotics for severe pain only.

- **Use Ice and Heat:** Apply ice packs to the incision during the first 24 hours to reduce swelling, then switch to a heating pad if needed. Avoid sleeping with a heating pad to prevent burns.
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Recognizing Complications: When to Call Your Doctor

Recognizing potential complications early can prevent more severe issues:

- **Drainage Issues:** Contact your doctor if you notice a white, tan, or green discharge from the incision.
- **Infection Signs:** Redness, heat, or significant pain around the incision site may indicate an infection.
- **High Fever:** Report any fever above 101°F.
- **Unmanageable Pain:** Severe pain not relieved by medication requires medical attention.
- **Persistent Nausea or Vomiting:** Nausea lasting more than four hours post-surgery can be a concern.
- **Urinary Difficulties:** Inability to urinate, especially with a full bladder, 8 hours after surgery is something to report.

Contact information

- Call Intercoastal Medical Group (IMG)
- Lakewood office 941-362-8662, The answering service will be available after 5pm, and you will be able to reach the “on call” physician
- Cattleman office 941-341-0042, from 12-1 pm the answering service will be on
- You can reach Dr. Hernandez through the portal for non-urgent problems or questions