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GENERAL, THORACIC
VASCULAR, CANCER
ADVANCED LAPAROSCOPIC
COLON AND RECTAL
BREAST

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Hernia Repair

ACTIVITY:

1. Plan to limit your activity after surgery. You will not be able to perform many tasks including physical and motor skills. **Be sure you arrange a ride home following surgery. You will not be able to drive while on narcotics.** You may resume driving when you feel safe and able to act in an emergency.
2. For most people, light activity may be resumed the day after surgery. We request that you walk as much as possible but do not overexert yourself and overdue it (listen to your body). We suggest you refrain from exercise or strenuous activity until you are seen post-operatively in our office.
3. It is important that you do not lift anything over 20-25 pounds after surgery. You will be given further instruction on limitations at your post-operative appointment.

CARE OF INCISION:

1. The dressing may be removed 24 hours after surgery. You may then bathe or shower. Do not soak in a tub. Make sure your incision is clean and dry. You may cover it with a small gauze or bandage.
2. The firm ridge present under the scar is normal. It will slowly soften over time.
3. Symptoms such as swelling, tenderness, discoloration, numbness or a burning type pain should subside over a period of 8-12 weeks. If they do not, or if they seem excessive, please call promptly for a check-up.
4. There may be a small "black and blue" area around the incision. This is related to surgery and will disappear completely within a few days.

PAIN:

1. The physician injected local anesthetic and it will wear off on the evening of your surgery. You should begin taking pain medication before this happens. The physician will send you home with a prescription. Follow the directions given by your doctor. Please be aware that pain medication may cause constipation, so be sure to drink plenty of fluids. You may also take stool softeners to help ease constipation if you are having such problem.

DIET:

1. On the night after your surgery, eat a light diet. Resume your normal diet the following day. Be sure to drink plenty of fluids.

OTHER:

1. As mentioned, you may become constipated from the anesthesia and/or pain medication. If this happens, try a stool softener in addition to: MiraLAX or Phillips Milk of Magnesia. All can be found over the counter such as Walgreens or King Soopers.

2. NAUSEA or VOMITING: This may be due to residual anesthesia and/or pain medication. Try to take extra strength Tylenol or Motrin instead of the pain pills, but **do not combine your pain medicine with Tylenol unless instructed to do so.** Also, try to eat a piece of bread or crackers with medication. You may rotate an anti-inflammatory such as Advil (Ibuprofen) with your narcotic prescription.
3. Some men experience swelling or bruising of the groin area, including genitals. Try elevating your feet and using an ice pack. This will gradually fade.
4. It may be most comfortable for you to sleep in a recliner instead of a bed for a few days.
5. Some people may experience difficulty urinating, temporarily. **If you are unable to void 6 hours after surgery you should go to the emergency room or urgent care for a temporary catheter.** Please call the office the following day to inform us.

FOLLOW-UP CARE:

1. Return to the office as your physician requests. If you did not already schedule a post-op appointment, please call to schedule a day or so after surgery (typically we see patients back two weeks after surgery unless requested otherwise). Call our office at any time should you have further questions or concerns.
2. We have an after-hour physician on-call every night if you need to talk about an urgent concern. Just call the office number **303.388.2922** and listen to the phone prompt to be transferred to our answering service who will connect you with the doctor on-call.