



# Post Operative Instructions

907-228-0185

*Each patient and each surgical procedure are unique. These are general instructions for the majority of situations. As always, call our office with questions or concerns!*

## **Wound/Incision care:**

1. Typically, the bandage placed during surgery is waterproof; therefore showering is encouraged the day after your surgery.
2. Remove the dressing in about 48 hours and leave open
  - a. If steri-strips (little pieces of tape) are present it is ok for these to get wet, but do not remove, they will fall off by themselves
  - b. If staples are present, again it is ok to shower and pat dry
    - i. It is typical for the staples to have localized redness around where they enter the skin as the incision heals.
  - c. It is OK to cover the incision with a light dressing after showering if desired.

## **Pain Control**

1. Typically, you will be prescribed either Norco (Hydrocodone/Acetaminophen) or Percocet (Oxycodone/Acetaminophen) \*\*\* Both of these have Tylenol (Acetaminophen) so don't take Tylenol with them, you can take **either** the above narcotic **or** Tylenol but not both at the same time.
2. Anti-inflammatories work very well with the above pain medication.
  - a. It is recommended to take anti-inflammatories at scheduled times, whether you are in pain or not. This assists in keeping the pain controlled and you will need less pain medication. Also when you take the narcotic it will be more effective.
  - b. This can typically be safely done for 5 to 7 days; long term use of anti-inflammatories can cause issues with your stomach.
  - c. Aleve is great because it is only needed twice a day; however, Ibuprofen or such can also be used, but these types of anti-inflammatories need to be taken every six hours.
  - d. **Caution:** if you are already on an anti-inflammatory then this should not be done

## **Red Flags** — (these would be reasons to contact our office or visit the Emergency Room if needed)

1. Temp greater than 101.0 F
2. Worsening pain – be aware that as patients tend to be more active as they recover from the procedure they can become more sore.
3. Persistent nausea – also be aware that if the narcotic pain medication is taken on an empty stomach it tends to cause a bit of nausea.