POST-OP INCISION CARE

DIET
- Resume regular diet, as tolerated. You may experience some nausea after surgery for up to 24 hours from the general anesthetic. Take any pain medications with food to avoid upset stomach.
- Drink plenty of liquids.

ACTIVITY
- Avoid straining, bending, lifting, or vigorous exercise for 2 weeks.
- Keep the head of your bed elevated to reduce swelling for the first 72 hours.
- You may shower 72 hours after surgery. You may bath in lukewarm water taking care not to get the incision wet.

GENERAL INSTRUCTIONS
- Drainage from the incision during the first few days is expected. If you have excessive bleeding or green drainage with surrounding redness, please call the number above.
- Clean the incision with gentle soap and water.
- Apply Bacitracin ointment to the incision twice daily for 1 week. The ointment can be purchased over the counter.

MEDICATIONS
- Resume your normal medications.
- Take antibiotics as prescribed.
- Take pain medications as needed for pain.
- **DO NOT** take aspirin or aspirin products. **NO** Advil, Motrin, Aleve, Ibuprofen for two weeks following surgery.
- **DO NOT** use any herbal medicines/diet pills for two weeks after surgery.

CALL THE OFFICE
- Fever greater than 100.4°
- Sudden increase in pain