

## **Post op instructions**

Dear M/s \_\_\_\_\_

You had \_\_\_\_\_ surgery

on \_\_\_\_\_

Your follow up appointment is on \_\_\_\_\_

**Please call 718-898-1170 to confirm.**

This is an outline of some commonly asked questions for post operative care.

### **1. Which medications should I buy over the counter to help in my recovery?**

- **Pepcid** 20mg twice daily. The first pill, first thing in the morning before food and the the night time 30 min before dinner.
- **Colace** 100mg orally twice daily - buy over the counter.
- **Tylenol** or **Acetaminophen** extra strength 500mg. 2 tab every 6-8 hours as needed.
- **Motrin/Advil** 600mg orally every 8 hours as needed for pain.
- **Mylanta** 2 teaspoons orally 8 hours if feeling heartburn or gassy.

### **2. Which prescription medications do I need?**

**Percocet** - 1-2 tablets every 8 hours as needed. They can cause constipation or make you nauseous so avoid it if you are nauseous or constipated.

**Antibiotics** - as prescribed

### **3. What can I eat or drink?**

Drink at least 10-15 glasses of water every day.

Eat easy to digest, light foods like chicken soup, sandwiches etc

Yoghurt, low fat milk , ginger ale

High fiber diet, if unable to tolerate high fiber diet

Take Metamucil 2 teaspoons daily in water/ milk or yoghurt

## ADEETI GUPTA PHYSICIAN PC

---

Eat Salads ( thoroughly washed) and light dressings.  
Can eat fresh fruits, spinach, whole grains etc.  
Please take into account any food allergies that you may have.

### **4. Which Foods should I avoid?**

Avoid a lot of cheese, spicy food, marinara sauce, orange juice  
Avoid very greasy foods  
Take into account you food allergies

### **5. Can I shower? If so, how?**

Please shower and clean your entire body INCLUDING the  
INCISION area with mild soap and water. Do not rub vigorously.  
After shower, just gently pat dry with a soft towel and leave the  
wound are open to sit.

Wear loose clothes. Avoid tight fitting clothes which do not let air  
circulate easily.  
Shower daily

### **6. How much weight can I lift?**

Do no lift weights heavier than 5 pounds.  
Try not to bend, if you have to, use your knees to lower yourself  
and lift something.  
You can climb stairs slowly, one step at a time.  
When getting up from the bed, first turn on the side and then lift  
yourself up to void direct strain on the stitches.

### **7. When should I call the doctor or go to Emergency Room?**

1. High grade fever with or without chills > 101 deg F.
2. Difficulty breathing
3. Chest tightness
4. Fainting
5. Heavy vaginal bleeding
6. Continuous vomiting
7. Increasing swelling or redness of the abdomen.
8. Foul smelling discharge from the vagina or from the incision.

## **DO's**

You can walk around the house and even go outdoors around the house slowly.

When resting, keep your legs elevated on a pillow to avoid leg swelling.

Take the incentive spirometer home and continue to take deep breaths 20 times every hours.

Do NOT stay in bed all the time. Complete bed rest may lead to increased risk of blood clots.

## **DONT's**

No heavy weights to be lifted.

No intercourse, tampons, douching until you get clearance from doctor.

No smoking

Do not use an abdominal belt to support the incision.

## **Disclaimer**

The above are only general recommendations. Any food or drug allergies have to be taken into consideration prior to following the recommendations.