

Post Op Instructions

While taking any pain medication, other than Tylenol, or within 24 hours of anesthesia:

- Do not drive a car, operate machinery or power tools.
- Do not sign any legal documents or make any important personal or business decisions.
- Do not drink any alcoholic beverages (including beer) or smoke/vape.
- Have a responsible adult care for you for at least the next 24 hours or longer if needed.

Activity & Diet:

- No exercise, strenuous activity or heavy lifting over 15 lbs. for 4 weeks.
- You may shower after your first post-op appointment. It is recommended that you shower daily. Please do not use a tub bath to bathe until your incision is completely healed (approximately 4 weeks). You may use any type of soap that you prefer.
- After surgery begin drinking clear liquids. If you do not experience nausea, you may proceed with soft foods and then solids as tolerated.

Medications & Medical Equipment

- Take medications as ordered with food. Do not take medication on an empty stomach. Please avoid alcohol while taking medications.
- Start antibiotic in the evening after your surgery.
- After 24 hours, Ibuprofen (or any NSAID) may be used as needed for pain in place of narcotic pain medicine.
- Leave scopolamine patch in place for 72 hours to prevent nausea.
- **You may experience constipation after surgery. One day after surgery begin taking MiraLAX or Colace as instructed on the bottle (both are over the counter). Take daily until your bowel movements become regular again.**
- Resume your regular home medications after surgery unless otherwise instructed by Dr. Diaz.
- If you have been given a prescription for Lovenox injections, this should be started 48 hours after surgery. Please see the video above for instructions on administering the injection. Lovenox is a blood thinner that prevents blood clots.
- You may be issued a leg pump after surgery. The leg pump is used once you are home from surgery and throughout the night. Remove and return the pump to our office the following day.
- If given, use Incintive spirometer as directed.

Care of the Incision

- Record drain output every 12 hours until they have been removed. See drain sheet for detailed instructions.
- Keep your operation site clean, leave all dressings in place and DO NOT remove your garment until your first post-op appointment.
- If you have a garment, please keep it on 24 hours a day for four weeks. You may wash your garment after your 1st post op appointment and continue to wash and machine dry it as it becomes soiled.

Please contact Dr. Diaz if you are experiencing any of the following:

- Obvious bleeding (a lot of bright red blood)
- Fever over 101.5
- Redness, pus, or swelling at the wound site.
- Persistent vomiting

During office hours call: 228-396-2663 (office)

AFTER office hours call: 504-451-2072 (cell) – please do not text

Office Hours: Mon-Thurs. 9:00am-5:00pm Fri. 9:00am-12:00pm