

Michael Diaz, M.D.
POST OP INSTRUCTIONS

1. Keep incision site clean and dry. Leave surgical tape in place this will be removed at your first post op appointment in office. Remove gauze dressing 24 hours after surgery then shower **daily**.
2. If you have a drain please record drainage on drain sheet provided at your pre-op appointment and bring sheet with you to every appointment. Instructions are provided on this sheet.
3. No strenuous activity, no lifting over 15 pounds or exercising until permitted by Dr. Diaz.
4. You may shower once the gauze dressing has been removed (leave surgical tape in place) 24 hours after surgery. Use soap over the incision. **Shower only, no tub baths, swimming pools, hot tubs or open water activity.**
5. For all procedures requiring a compression garment you will wear garment for 24 hours a day for 4 weeks post operative. You may remove to wash while in shower and at short intervals for comfort.
6. Take all antibiotics to completion and take pain medications as ordered. No driving or operating machinery or automobile while taking narcotics (pain medication).
7. Do not sign legal documents, drive automobile or operate machinery 24 hours after anesthesia. Have a responsible adult drive you until you are off all pain medications (narcotics).
8. Do not consume alcohol or smoke as these effects your recovery.
9. You may resume your home medications as ordered unless otherwise instructed by Dr. Diaz.
10. Turn, cough and deep breath every 2 hours. It is very important to get out of bed and walk around after surgery unless otherwise instructed by Dr. Diaz.

Please review specific post operative instructions that are given to you after surgery.

Diet after surgery

Start with clear liquids then progress to soft diet then progress to regular diet as tolerated. Take nausea medication as ordered.

1. **Please contact Dr. Diaz if you are having any of the following problems:**

Obvious bleeding

Fever over 101.5

Redness, pus, or swelling at the wound

Uncontrolled nausea/vomiting

228-396-2663 Office Mon-Thurs. 9-5 Fri. 9-12

Patient Signature

Date