

## **General Post-Operative Instructions**

### **DRESSING:**

- Your dressing may be removed in 48 hours. If there are Steristrips (surgical tape) on the incision, please leave those in place until your postoperative visit.
- When showering after this, please wash very gently and pat the area dry.
- Do not take a bath or soak the operative area.

### **DISCOLORATION:**

- It is normal to have discoloration, tingling and temperature changes near the surgery. The discoloration may not begin for several days. If the tingling is not improving after 48 hours, please contact my office.

### **MEDICATIONS:**

- If medication has been prescribed to control your pain or antibiotics to prevent infection, use as directed.
- You may take Ibuprofen (Advil, Motrin) with pain medication.
- If your pain medication does not contain Acetaminophen (Tylenol), you may take this medication also.
- You may want to take these over-the-counter pain medications on a schedule, and the prescription pain medication as needed.
  - The first two days after surgery are the most painful. If your pain is not decreasing after 48 hours of medication and elevation, you should contact our office.
  - Remember that the use of pain medication may decrease your reaction time, and alter coordination. **NO DRIVING AND NO ALCOHOL** for 24 hours while you are taking pain medication.

### **DIET:**

- Drink more fluids than usual today.

### **ACTIVITY:**

- Try to walk each day. Start by walking a little more than you did the day before. Bit by bit, increase the amount you walk. Walking boosts blood flow and helps prevent pneumonia, constipation, and blood clots in your legs.
- Please avoid heavy lifting and athletic activity, however.

### **NOTIFY YOUR DOCTOR IF YOU HAVE ANY OF THE FOLLOWING SYMPTOMS:**

- Excessive bleeding
- Fever greater than 101.5° F (39 ° C)
- Pain unrelieved by pain medication
- Impaired circulation (skin of extremity cool, pale, or blue)
- Calf tenderness

See Dr. Laub, Donald R, MD in the office in 5-7 days or as scheduled.

**Please call 802-864-0192 for if you have any questions or problems.**