

POST-OPERATIVE INSTRUCTIONS

IS FEELING PAIN NORMAL?

It is normal and natural to feel pain and tenderness on or around the incision site. Tylenol should be effective in controlling pain when taken as directed. If for any reason you are not able to take Tylenol, inform your doctor so another medication may be prescribed.

Please comply with all instructions given by your doctor when taking stronger pain medication. Refrain from any anti-inflammatory medication such as aspirin, Motrin, Advil, Aleve, Ibuprofen, etc. for pain unless instructed by your surgeon as these medications may cause bleeding at the site. Also, please make sure to check with the surgeon or their nursing staff before taking any pain medications or over-the-counter medications.

HOW TO CARE OF THE SURGICAL SITE

There may be mild swelling and redness at the surgical incision site. In event that there is an increase in swelling, redness or if bleeding and/or discharge develops at the suture line, contact our office staff at (718) 748-0500.

Prior to cleaning your incision site, please wash your hands with soap and warm water.

PROCEDURE FOR SURGICAL SITE – WOUND CARE

- Keep the initial dressing in place for 48 hours. In the event that the dressing becomes wet due to either oozing or draining, the dressing should be changed. Please notify our office if this occurs.

- After 48 hours, clean the wound area twice daily using an over the counter antibacterial soap.
- Gently pat area dry. There is no need to place any ointment on the incision site.
- Continue daily wound care until sutures are removed or your post-office visit.

HOW TO PROCEED WITH BATHING AND/OR SHOWERING

- Avoid direct contact with water on suture line site for 48 hours.
- If the site gets wet, gently pat dry.
- After 48 hours, daily showers are advised. It is best to use warm water and soap.

POST-OP MEDICATION

Be sure to notify the physician of any medication allergies. Take all post-op medications prescribed. If antibiotics are prescribed, take as directed for the full course of the treatment. In the event of onset of a rash occurs or, fever greater than 101 degrees, call your doctor.

WHAT SHOULD I DO ABOUT ACTIVITIES?

Refrain from activities that include heavy lifting, carrying, pulling, or pushing objects for up to four weeks after surgery. It is normal to feel tired and be easily fatigued after surgery. You may gradually increase activity level as tolerated.



REMOVAL OF SUTURE & SURGICAL SITE CARE

Your incision may require the removal of sutures which is cared for at our outpatient office. After removal of sutures, the area should be cleaned with soap and water during bathing/showering. Gently rub area when cleaning and drying. It is best to avoid direct sun exposure to the incision site for 12 months following surgery.

Questions? Concerns? Please call our office.

(718) 748-0500