

# South Miami Surgery Center

## Post-Operative Patient Instructions

It is very important for your smooth recovery that you carefully follow your doctor's instructions. Do not hesitate to call him/her should any questions arise about your anesthesia, condition or care.

**If you cannot reach your surgeon through his/her office or answering service and feel that you are having a significant medical problem, go directly to the emergency department. Otherwise, leave a message on the voice mailbox and the call will be returned shortly.**

### Report any of the following to your surgeon immediately:

- Temperature greater than 101 degrees
- Chest pain or Shortness of Breath
- Nausea or vomiting after the first day
- Redness, swelling, drainage, or bleeding at the incision site
- Numbness or tingling in hand or foot
- Your pain is not relieved by the medication
- Difficulty swallowing or swelling of your throat
- Painful or rapid swelling of the operative site
- Pain or swelling in one leg, especially the calf
- Diffuse rash or swelling of the body
- Any symptom that the patient is concerned about that appears to be abnormal

### General Considerations:

- You may experience dizziness, drowsiness, or light headedness after general anesthesia or IV sedation.
- You must have a responsible person drive you home after surgery.
- Limited activity is suggested for 24 hours following general anesthesia or IV sedation.
- You should not operate machinery and power tools or handle dangerous items such as hot grease or boiling water.
- You should not engage in sports, perform heavy work or lift heavy objects.
- You should have a responsible person stay with you the night of your surgery.
- You should not drive a motor vehicle, ride a bicycle or engage in other activities that require coordination and the ability to respond quickly.
- You should not consume alcoholic beverages a week before and two weeks after surgery.
- You should not sign legally binding documents.
- If you had general anesthesia, you may have a sore throat for the first 24 hours following surgery. Treat with throat lozenges or gargle with warm salt water.
- You may not return to work until you check with your surgeon.

### When you go home:

- Begin with liquids and light foods, such as crackers, Jell-O, clear soups, Gatorade, etc.
- Progress to your normal diet if you are not nauseated unless otherwise instructed by your doctor.
- Avoid spicy, greasy and fried foods for 24 hour
- Follow the labeled instructions on the prescription medications ordered by your surgeon.
- You may shower within 24 hours of surgery unless otherwise instructed by your surgeon.
- Wear any compressive garments as instructed. You may take off compressive garments for short periods of time to wash the garment.
- Leave any tape that has been placed directly on the skin over an incision, but you may remove all gauze dressings after 24 hours.
- Avoid strenuous activities but do not lie in bed or sit in a chair all day. Avoid immobility.