

## **After Your Surgery**

Here are some general guidelines to ensure a smooth recovery after your surgery:

1. You may walk around as you wish but don't overdo things. It's okay to climb stairs but take it slowly.
2. Lift only light objects that you can manage easily. Avoid lifting over 5 pounds.
3. You may eat as you wish. Try to eat a high-fiber diet and drink lots of fluids to avoid constipation. You may need a mild laxative.
4. Your incision site may be swollen, bruised, tender, or numb following surgery. Take pain medications as prescribed. You may use an ice pack for swelling.
5. Driving may strain your incision so discuss this with your doctor at your follow-up visit. Don't drive while taking pain medications
6. You may shower as you wish and with any dressings on or off. It's all right if the plastic strips across the incision get wet. Just pat them dry. They will be removed at your follow-up visit.
7. Let's discuss returning to work at your first follow-up visit.
8. Call our office if any of the following occur:
  - The incision becomes red, hot or if it drains colored fluid
  - You develop a temperature higher than 101 degrees
  - You develop any unusual signs or symptoms
  - You have any questions

**University General and Trauma Surgery, P.C.**

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