

POST OPERATIVE INSTRUCTIONS: MINOR SURGERY

PAIN MEDICATION

- Take the pain medication as prescribed by Dr. Kryger. Remember that it contains Tylenol, so do not take additional Tylenol on top of the prescribed pain pills.
- Don't wait for the pain to be severe before taking the pills. Take them as soon as you begin to have discomfort.
- Once your pain is mild, transition to Tylenol (500 mg every six hours) or Motrin/Ibuprofen (600 mg every 8 hours). You can alternate between the two.
- Pain pills often cause nausea if taken on an empty stomach. Make sure to take them after eating some bland, non-fatty food.
- The pain pills also cause constipation. If this is a problem use an over-the-counter stool softener such as Colace.

DRESSINGS

- Do not remove the steri-strips, paper tape or clear dressing that is directly on the incisions. Dry them after you shower.
- Any other gauze dressings can usually be removed the day after surgery.
- Any incisions that are not covered by tape or steri-strips should be kept moist with antibiotic ointment applied several times a day.
- Other: _____.

SHOWERING

- You may shower the day after surgery.
- Do not take a bath until instructed otherwise.
- Do not submerge the surgical site underwater for 2 weeks.

ACTIVITY

- Stay as active as possible. Walking, climbing stairs, and moving around helps the circulation and significantly reduces the risk of developing a blood clot.
- Avoid lifting, pushing, or pulling objects over 5 lbs until instructed otherwise.
- Do not exercise until instructed otherwise.
- You may drive once you are no longer taking pain medication.

EATING

- It is very common to have nausea from the anesthesia that can last 24-48 hours after surgery.
- If you are nauseated stay hydrated by drinking water or clear liquids.
- Start with liquids, and progress slowly to solid foods. Begin with bland low fat foods such as crackers or toast.

COMPLICATIONS

Please call the office at (805)777-3877 if you have any problem. If you call after 5:30 pm or on weekends, the office phone will ring directly to Dr. Kryger's cell phone.

Call immediately if you experience any of the following:

- Severe pain that is not relieved by the pain medication.
- Bleeding that does not stop with firm, continuous pressure for several minutes.
- If the surgical site is red, swollen, or draining fluid.
- A fever over 101.0 degrees.

FOLLOW-UP VISIT

Call the office the day after surgery at (805)777-3877 to schedule your follow-up appointment in _____ days for suture removal.

Pathology results (if relevant) will be discussed with you at your first postoperative visit.