



Incision Care

When do I go home?

- Most people will be able to go home after surgery. However, a brief overnight stay may be ordered. Plan accordingly. Someone must drive you home.

Pain Control

- You will be given pain medications at the time of surgery and a prescription to fill at the time of discharge. Most of the pain is from bruising and swelling. Medications like Motrin, Advil and Ibuprofen are very helpful after these operations. If you are allowed to take these medications you should do so. Two or three tablets every 8hrs during the first 5 days after surgery is recommended. Resume all the medications you were taking before surgery unless instructed otherwise.

Dressing changes/Wound care

- It is OK to remove the gauze to shower on the day after surgery. Please replace the gauze if it is still draining or rubbing on your clothing.
- You will generally have one incision, or a few small incisions. Bruising and tenderness in these areas is not uncommon. A small amount of drainage may occur from these incisions in the first 24hrs. Increasing tenderness with continued drainage is not typical and should be reported to Dr. Gillian's office. Antibiotic ointments and "skin lotions" are not required for care of the incisions. Daily washing with mild soap and water is all that is necessary.
- If you have a drain, record drain output twice a day. Empty the drain into toilet twice a day. It is OK to shower with the drain, just wrap some gauze around the exit site after the shower.



Diet/Bowel function after surgery

- Bowel activity after surgery can be very variable. Constipation, diarrhea, mild nausea and occasional vomiting can occur. They result from variable responses to antibiotics, pain medicines. Most problems are mild and resolve in 24 to 48 hrs if they occur. During this time good oral intake of non-caffeinated liquids is more important than solid food.

Post-surgery care

- You will be asked to return to the office for your postoperative evaluation 7 to 10 days following your surgery. Please call the office where you were last seen. Do not go to your primary care physician with postoperative problems. Notify our office first. The instructions above are meant to be a guide. Feel free to call the office with any other issues.