Discharge Instructions

1. Your incision may be closed with dissolving sutures under the skin. If so, steri-strips are placed over this and these should stay in place for at least one week. When you bathe, try not to wash off these tapes during the first week. Do not use powder or lotion around the steri-strips because this may cause them to come loose.

2. If your incision is closed with sutures on the outside of the skin, clean around these sutures daily with a regular soap and water. If there is old blood on the wound and sutures you can use a small amount of hydrogen peroxide to clean the wound. You may keep a bandage on this or not depending upon your desire.

3. A gauze bandage will be placed over the incision at the time of surgery and is there to absorb drainage. This may be removed in 24-48 hours depending upon the amount of drainage. If drainage persists, then please leave gauze over the incision.

4. Bathing is okay after 48 hours. If tapes are on your incision, do not wash them off for the first week. Do not use powder or lotion around the incision. If sutures are present on the outside of the skin, clean these also you may use peroxide after the bath if you wish.

5. Diet: Normal diet with no restrictions.

6. Laxatives: It will not be painful to have a bowel movement. Try not to get constipated and if you need a laxative, feel free to use Milk of Magnesia, Colace, or other laxatives as you desire.

7. No heavy lifting or straining.

8. Daily walking is good and will help you recover more quickly. It is also okay to use an exercise bike or treadmill. You should not swim for one week.

9. Pain medication will be provided. Sometimes the only pain medicine needed is Tylenol, Advil, Bufferin, aspirin, or some drug such as these. You will be given a prescription for a narcotic containing pill if the over-the-counter medication is not strong enough to relieve your pain, then buy the prescription pill and take it. If you take the narcotic prescription, you should not drive an automobile, work with machinery, sharp tools, or anything that could cause an injury.

10. There could be some bruising around the operative area, and an ice bag may help reduce this.