

# General Surgery Post Operative Instructions

## Dr. Drew D. Howard

### General Instructions

**May shower 24 hours after surgery.** Just wash incisions with mild soap and water, pat dry. No bandages needed. No tub baths or soaking for 2 weeks.

**Avoid heavy lifting.** OK to lift: babies, a gallon of milk, a TV remote, etc. Avoid lifting over 10lbs. pounds until 4-6 weeks after surgery. Follow the “if it hurts, don’t do it rule.”

**Exercise.** Start with walking right away. Jogging, stationary bike, low-impact aerobics are fine at 2 weeks, then you can increase as tolerated. Avoid abdominal crunches and weight lifting for 6 weeks. Follow the “if it hurts, don’t do it rule.”

**Prescription medications:** Resume usual medications unless you have been directed otherwise.

**For pain.** Take the prescription pain medication prescribed. Then work to over the counter acetaminophen (Tylenol), as directed on package.

**Driving:** Do not drive if you are taking any of the prescription pain medications. Try to wait minimum of one week until driving. Take a short drive first to make sure you are comfortable. Avoid long trips for first six weeks; if you do take a trip longer than one hour, you need to stop and walk at least every hour.

**Returning to work:** The general recommendation is to wait at least one week for any surgical procedure. Larger procedures usually take two full weeks of recovery, but if you feel ready to return sooner, that is fine.

**Post Operative Diet.** As Directed.

**Call the office number with questions or concerns,** including after hours if you think it is an emergency. Dr. Howard or one of his partners is always on call. Come to the Emergency Room or call 911 if you have to.

**Follow up clinic appointment.** Call for appointment 281-419-8400