



Foundation Surgical Hospital of Oklahoma

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Post Op Instructions:

Pt Name:

Date:

1. Unfortunately pain is a part of any operation. We take every opportunity around and during the operation to minimize postoperative pain. Pain medication will be prescribed – take it if you need to. Remember no driving for 6 hours after taking pain meds.
2. You may eat what you feel hungry for (listen to your stomach, not your head)
3. No driving on the day of operation or while taking narcotic (prescription) pain meds, otherwise you may drive if you feel like it.
4. If you are in a car or airplane for more than one hour, get up and walk around every hour (for 2 weeks after the operation).
5. We usually use *dermbond* for skin closure and a dressing. You may take a shower, just pat the wounds dry. No submerging for 7 days.
6. Call us if:
 - ✓ Temperature is greater than 100.5, intense redness or pain around incisions
 - ✓ Difficulty urinating
 - ✓ Nausea and vomiting
 - ✓ Worsening pain
7. Call when you get home to confirm and office visit 10-14 days after the operation.
8. Remember the operation is not magic just because we can do it through small holes, but if you have concerns – don't hesitate to call.

