



General Post-Operative Instructions

Bandages:

1. Remove the larger outer-bandage the day after surgery
2. The inner-layer bandage (Steri-strips) will fall off after 7-10 days
3. If the Steri-strips do not fall off after 10 days, you may peel them off.

Showering / Bathing:

1. After the outer-bandage has been removed, you can shower the day after surgery
2. Do not submerge or soak the incisions in water (tubs, pools, lakes) for 3 weeks

Physical Activity and Exercise:

1. Do not lift anything heavier than 10 pounds until 6 weeks after your operation
2. Do not exercise (even light walking for exercise) until 4 weeks after your operation
3. The physical recovery is not to prevent pain. It is to prevent an incisional hernia

Diet:

1. The evening of the operation, limit your diet to liquids. Keep hydrated.
2. You may resume your regular diet the day after the operation

Bowel Movements:

1. Constipation is very common after general anesthetic and use of pain medication.
2. If you do not have a bowel movement within 2 days after the operation, start laxatives
 1. Mirilax - 34g twice a day
 2. Dulcolax suppository - one suppository two times a day

Trouble Shooting:

1. If your bandages come off early, use gauze or a bandaid to protect your cloths
2. If you feel a bump under your incision, this is normal and part of the healing process.
3. If you develop a fever the night of the operation, this is normal, take Tylenol as directed
4. If you have fevers 2-3 days after your operation, please call the office
5. If you have an abdominal binder, you can remove it while sleeping and bathing

Any other questions or concerns, please call the office at 210-504-1014.

If it is after hours, it will connect to the paging service.