



## BEFORE YOUR SURGERY

- Arrange for a caregiver (18 years or older) who can take you home and be with you 24 hours post-op.
- Arrange for childcare, if needed.
- Our office will contact you the business day before your surgery with your scheduled time.
- In case of scheduling changes, be available and have your phone on you day of surgery for any updates.

## SHOWERING AND AFTERCARE

24 hours after surgery, you may shower (however, no baths, pools, oceans, or hot tubs).

Before showering you may remove the following:

- Your binder
- Gauze covering the incision
- Yellow gauze in belly button, if applicable
- Gauze around your drain site

Do **NOT** remove:

- Your binder
- Gauze covering the incision
- Yellow gauze in belly button, if applicable
- Gauze around your drain site

After Shower:

- Pat torso to dry; dry well prior to putting on your garments
- Put clean gauze over drain sites

## SLEEP

Sleep on your back, elevated at a 30 to 45-degree angle with hips slightly flexed for a minimum of 7 to 10 days. Avoid sleeping on your stomach or sides. Do not allow pets to sleep on your bed while recovering.

## BINDER

Keep binder on 24/7 except when showering until drain comes out, or until directed by your doctor that the binder is no longer needed. Your binder should fit snugly, but not too tight (two fingers should fit between your skin and the binder). If able, wear a thin tank top between your binder and skin, which should cover the suture line but not compress the drain site.

## FIRST CHECK UP AND WOUND CARE

At one week we will check your incisions and belly button. We will remove drains if output is less than 30ML in 24 hours.



## PAIN MANAGEMENT

As soon as you return home after surgery, begin taking your Methocarbamol (muscle relaxer) every 6 hours along with Extra Strength Tylenol. Use Oxycodone as needed every 6 hours for breakthrough pain. 24 hours after surgery, you may also add Motrin as directed by your doctor.

## THINGS TO EXPECT

- Some swelling
- Small amount of drainage around the drain and incision sites
- Bruising
- Pain
- Not being able to stand up straight
- Low-grade fever (less than 101.5°F)
- Constipation - use your stool softeners/laxatives

## PREVENTING BLOOD CLOTS

Begin taking your Eliquis or Lovenox as directed by your doctor and take complete doses given. Starting 24 hours after surgery, wear leg compression devices 24/7 until directed to discontinue use.

## NUTRITION

- Drink plenty of fluids
- Eat a well-balanced diet
- Avoid spicy and fatty foods
- If decreased appetite, try protein shakes for nutrition and healing
- Treat nausea with Zofran or Phenergan as directed
- Begin your laxative the night you return home from surgery
- Rest, but walk every 1-2 hours while awake

## DRAIN CARE

If you have drains, proper care is important. Document the date, time, and amount of drainage when emptied, and note the color. It is normal for drainage to appear blood-tinged and gradually can lighten as the days go on. The drains are sutured in and will be removed by a nurse if drainage is indicated. If your drain does not appear to be draining well or you observe clots/thickened particles in the tubing, you may “milk” the tubing to clear the line (this will be demonstrated immediately post-operatively). After emptying the bulb, ensure to squeeze the bulb prior to closing the port to activate suction.



## WHEN TO CALL US

Anytime you have a concern, we are available to help you. Please call the office at 757.873.3500 immediately if you experience any of the following within the first 3 days after your procedure:

- Large amounts of bright red blood output in the drain, requiring emptying the bulb several times in an hour
- Drain bulb has no output after 8 hours
- Shortness of breath
- Chest pain
- Pain/swelling in one leg
- Fever greater than 101.5(degree symbol)F

## REMEMBER

No bending or pushing or pulling greater than 10 pounds until directed by your doctor to increase activity.

## FUN FACT

Drinking pineapple juice and applying arnica can help with bruising and swelling.

*If you have immediate concerns, please call the office at 757.873.3500.*