



S U R G I C A L A S S O C I A T E S O F G A D S D E N

Post-operative instructions for

Minor Procedure

Diet

1. It is ok to resume a regular diet without restrictions as tolerated.

Activity

1. It is ok to climb stairs, walk to the mailbox, etc. as tolerated.
2. Do not drive until you are off narcotic pain medication and able to steer, press the brakes, etc. without pain.
3. You may resume sexual activity when you feel comfortable.
4. Do not lift over 20 lbs. for six weeks from the surgery date.

Wound care for steri-strips adhesive dressing

1. It is ok to shower the day after your operation. Let the water hit and bounce off the steri- strip bandages. Pat yourself dry with a towel.
2. Do not take a tub bath until 7 days after the procedure.
3. You can change the outer dressing on your incision site if you need to, but leave the small white steri-strips in place until your post-op appointment.
4. Some bruising around the incisions is normal.

Wound care for staples

1. It is ok to remove your dressing and shower on the second day or 48 hours after your surgery. Pat the incision dry with a towel and leave uncovered.
2. If you wish to prevent the staples from catching on your clothes, it is ok to cover the incision with a dry gauze and tape.
3. Some bruising around the incision is normal.
4. Do not soak the incision in a tub bath until 7 days after the procedure.

Pain management

1. It is ok to take ibuprofen (400-800 mg by mouth every 8 hours) or naproxen in addition to your prescribed narcotic for pain; do not take at the same time as your pain medication. (Do not take Tylenol while you are taking Norco or other Tylenol-containing pain medication.) Take pain medication ONLY as needed.
2. It is ok to apply an ice pack to the wound two or three times a day for the first 24-48 hours. This may help with pain and swelling.

Follow-up

1. Follow-up in the office in 14 days for staple removal/post-op. This appointment should be in your black folder given to you in the office. If your appointment was after-hours and you did not receive a black folder, the office should call you with a post-op appointment; if they do not, please call us to schedule one.
2. Call the office for any of the following:
 - nausea, vomiting, or retching
 - fever > 101.5°
 - pain unrelieved with prescribed pain medication
 - wounds that are red or draining fluid

Please feel free to call for any questions or concerns!