



Name: \_\_\_\_\_

DOB: \_\_\_\_\_

## **GENERAL POSTOPERATIVE INSTRUCTIONS**

### **Activity:**

- Immediately after surgery you should take it easy. Although rest is encouraged it is equally important NOT to stay in bed all day.
- Avoid strenuous activity such as the gym, running errands, lifting groceries or other heavy items over 10 pounds for 4-6 weeks.
- Do NOT drive while you are on either gabapentin or oxycodone.
- You may drive once you are off gabapentin and oxycodone, AND when you feel like you can react appropriately in an emergency which includes quickly braking and quickly steering away from something or someone.
- If you are in pain and you cannot make sudden movements, then you should not drive.
- You should not be alone for the first few nights as you may need help in an emergency.
- After surgery, start by drinking liquids. Once those go down okay, then move to light solids and then move towards full meals slowly.
- You may shower 2 days after your surgery.
- Do not put your incisions under water for 4 weeks.

### **Bruising and Swelling**

- Bruising is normal for 1-2 weeks
- Bruising can often migrate down your body from gravity.
- Swelling usually resolves mostly after a month. The last 20% of swelling can take 6 months or longer to resolve.
- It is normal for swelling to worsen after activity even months after surgery. You will have good days and days where swelling will worsen but overall it should be getting better from one week to the next.

### **Compressive Garment**

- If you have a compressive garment, please wear it as much as possible for 2 week, then 2 weeks at night.
- You may remove your garment to shower or to wash your garment.
- You may replace your garment with something that is more comfortable/fashionable. Please ask us for recommendations if you are interested in this.

### **Incision Care**

- Please keep your incision clean and dry outside of showering.
- It is normal for some fluid or blood to leak out in the first few days or weeks.

If you have any concerns or any signs of bleeding, infection, or wound problems, please call our office at 617-340-2822.

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Patient Signature

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Date