

Discharge Instructions

MEDICATION

- You may resume all medications you were taking prior to the operation.
- Do not take the following medications until instructed to do so:
 1. _____
 2. _____

The following prescriptions may be given:

- Percocet – take one to two tablets very four hours as needed for pain. If necessary, you may take two tablets every three hours during the first 24 hours only.
- Colace – please take this twice per day.
- _____

BATHING

- You may shower _____. Do not bathe or swim for one week after surgery

DIET

- You are being sent home on a _____ diet.
- Advance to a _____ diet on _____.
- A Regular Diet may be resumed on _____.

INCISIONS

- Your incisions are closed with dissolvable stitches (sutures). Small paper tapes (steri-strips) will be covering the incisions. The steri-strips may get wet in the shower. Just pad them dry after showering. The steri-strips will fall off on their own after 5 to 7 days. The incision may also have a clear water-resistant bandage. This, too, may get wet in the shower. Please no bathing, swimming, or hot tubs for the first week. You may notice a hardness or firm lump under the incision. This is part of the normal healing process and will disappear after a couple of months.
- The clear water-resistant bandages, as well as the gauze underneath, may be removed in 2 days. Steri-strips, which are to remain in place, are underneath the gauze. Please no tub baths, swimming, or hot tubs for the first week.
- Your incision is closed with staples. The staples may get wet in the shower. Just pad them dry after showering. Please no bathing, swimming, or hot tubs for the first week. The staples will be removed at your post-operative office visit.

PHYSICAL ACTIVITY

- You may perform any physical activity as long as you are comfortable. If you experience pain, do not continue the activity.
- Resume strenuous activity (weight lifting, vigorous walking or running) _____.
- Do not lift anything more than 15 lbs. or perform any activity that strains the abdominal muscles for the first month after surgery.
- You should make an effort to walk every few hours throughout the day.
- Driving a car should not be performed for at least 5 days and when you have stopped taking pain control medication . You should begin driving only when you feel that you can drive and brake safely.

OFFICE FOLLOW-UP APPOINTMENT

Please call our office to schedule an office appointment for _____.

Matthew Lublin, MD, FACS
2001 Santa Monica Blvd., Suite 1170W
Santa Monica CA, 90404
Phone: (310) 828-2212 Fax: (310) 828-6829
www.drmatthewlublin.com