

## **POST-OPERATIVE DIRECTIONS**

### **CONSTIPATION**

It is very common to be constipated after your operation. This is due to not eating the day before surgery and very little the day of surgery. It is also aggravated by narcotic pain medicine (Vicodin, Lortab, Norco, or Hydrocodone). To help have a bowel movement be sure to drink fluids and switch from the narcotic pain medicine to something like Tylenol or Advil (if not allergic) as your pain lessens. Also make sure you are up walking. You may if needed take a single dose of milk of magnesia. It may take a few days but your bowels will move.

### **PAIN MEDICINE**

You most likely will be taking a narcotic pain medicine (Vicodin, Lortab, Norco, Hydrocodone) after surgery. These can cause nausea/vomiting if taken on an empty stomach so be sure to eat something when taking them. They can also cause constipation. As your pain lessens, start switching to medicines such as Tylenol or Advil (if not allergic).

### **FEVER**

You may experience low-grade fever after surgery. As long as it is not 101 or higher this is usually expected. If this occurs make sure you are up walking as much as possible and taking deep breaths and coughing. These simple steps usually will bring your temperature down.

### **URINATION**

Some people after surgery, especially men who have groin hernias repaired, may have difficulty urinating (passing water). If you notice that you are urinating frequently (such as every 15-30 minutes) and only producing small amounts and may also be experiencing lower abdominal pressure/discomfort you probably have "acute urinary retention". The only solution for this is to go to the Emergency Room and tell them you had recent surgery and can not urinate. They most likely will put a catheter into your bladder which usually will stay in 3 days. Just call the office the next morning and we will schedule you an appointment in our office to remove the catheter.

### **INCISION CARE AND APPEARANCE**

Most likely your incisions will have been covered by clear glue. It is OK to get these wet with soap and water in the shower. You may notice bruising and a slight amount of redness. This is normal. They will also be tender to the touch.

### **GAS PAIN**

After laparoscopic surgery you may experience some pain in your shoulder. This is due to the carbon dioxide (gas) used during surgery. Getting up and moving around or changing your position while resting or sitting will help alleviate the pain. This should improve in 24-48 hours.

**ACTIVITY**

The day after your operation it is helpful in your recovery to be up walking as much as you want. You may go up/down stairs if you feel safe doing that. When not walking, you should be sitting in a chair. The more you are up the faster you will feel better. As far as driving, if you are off narcotics, we leave that up to you and your families' judgment that it is safe to do.

**WHEN TO CALL US**

If you have any questions or concerns that are not answered by the above please do not hesitate to call our office. Our practice is covered 24/7 by one of our surgeons. Except for urinary retention we can usually take care of problems over the phone and save you a trip to the ER.

Thank you for allowing us to care for you and your family.