

Follow Up Appointment

- Please make sure you have a follow up appointment scheduled with our office.

Activity

- You may walk around as tolerated. There is no reason to stay at bed rest.
- Walking for exercise and light running can be resumed when tolerable.
- Walking up and down stairs is ok.
- Sexual activity can be resumed as tolerated.

Wound Care

- Dressings can be taken off after two day.
- Steri-strips over the incision will fall off in 2-3 weeks.
- It is ok to shower after the dressings are off and get wound wet with soap and water. Just do not submerge the incision under water (bathing or swimming) for 3 weeks.

Restrictions

- No heavy lifting per surgeons instructions
No lifting over _____lbs for _____weeks.
- No swimming or hot-tubs for 3 weeks.
- No driving while taking pain medications.
- It is ok to drive when you would feel comfortable to slam your foot on the brakes.

Work Release

- We will discuss your work release at your follow up appointment. Generally, you can go back to work on light duty after 1 week. This will be no heavy lifting and avoid frequent bending, twisting, or reaching. You may return to full duty without restrictions after 4 weeks.

Diet

- There are no specific restrictions. It is a good idea to drink plenty of fluids.
- It is best to start with bland foods before spicy foods.

Medications

- You will be given a prescription for pain medicine. Use as directed.
- It is helpful to use Ibuprofen (Motrin or Advil) with your pain medicine. You should take this as directed with food to avoid stomach irritation. Do not take Tylenol with the pain medicine.

- Pain medication refills can NOT be called into a pharmacy, you must come to the office the provider is working at that day to pick it up in person. You will need to provide ID and sign a slip. This means you can not have refills at night or on weekends.
- Pain medicine can cause constipation. Drink plenty of fluids. Use stool softeners as needed. You can use a light laxative like Milk of Magnesia if needed.
- If you are following the above instruction and do not have a bowel movement after two days please contact our office.
- Continue all medications that you had been on prior to surgery.
- If your pain medication is not working and you would like to request a different medication, you will need to either bring in the written prescription or the remaining pills if you have already filled the prescription. We will NOT give you another prescription without one of these.

Office Information

Office hours are:
8:00-12:00 & 1:00-5:00pm Monday-Thursday
8:00-12:00 & 1:00-3:00pm Friday

A doctor is on call 24 hours a day
The phone number is (503) 873-5310

Call the office if:

- The incision becomes more painful, red or swollen, or there is drainage.
- You develop a fever above 101 F.
- You do not have a bowel movement within two days after taking mild laxative as discussed above.
- If you are not able to urinate.
- If you have nausea and cannot keep food or liquids down.
- If you have any questions.

Other Specific Instructions

No lifting over _____lbs for _____weeks.
