

Follow Up Appointment

- Please make sure you have a follow up appointment scheduled with our office 3-5 days after your surgery.

Activity

- You may walk around & walk for exercise as tolerated.
- Walking up and down stairs is ok.

Wound Care

- A tight binder has been placed after surgery. Leave this in place until it is removed by the doctor at the follow up appointment. Try to not let the dressing move up and down across the chest wall. The purpose of the dressing is to push the skin against the underlying muscle.
- Sponge bathe only until the doctor has said that it is okay to shower. Do not submerge the incision under water (bathing or swimming) for 6 weeks.
- There may be a yellow film over the skin. This is an antibacterial fluid placed at the time of surgery. Do not scrub this off. It may not come off until your skin naturally replaces itself.
- Steri-strips over the incision will fall off in 1-2 weeks.
- If you have one or more drains, there should be a separate information sheet that explains how to care for this and a place to record the output.

Restrictions

- No lifting, pushing, or pulling of more than 10 lbs with the same sided arm for 2 weeks.
- No swimming or hot-tubs for 6 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

- Generally, you can go back to work on light duty about a week after you go home, but that will need to be confirmed with your surgeon.
- Light duty consists of no heavy lifting and avoiding frequent bending, twisting, or reaching.
- You may return to full duty in approximately 1-2 weeks following surgery after discussion with your surgeon.

Diet

- No restrictions.

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 have nausea and cannot keep food or liquids down.
- If you have any questions.

Other Specific Instructions
