



John A. Bonadies, MD, FACS

Kenneth A. Ciardiello, MD, FACS

## POST OPERATIVE INSTRUCTIONS

1. After surgery, rest for the remainder of the day.
2. Leave the plastic occlusive dressing in place. The area around the wound may become discolored (black and blue). You will have some swelling of the abdomen.
3. You may shower normally. Remove the plastic occlusive dressings after 48 hours.
4. Leave the steristrips in place.
5. There are no dietary restrictions. It is important to maintain adequate fluids for hydration. You may introduce solids as desired.
6. This procedure may be painful. You will be given a prescription for narcotic medication. Use the prescription as needed for moderate to severe pain. You may alternate or switch to Tylenol for pain at anytime, but **do not** overlap these two medications. Ibuprofen (Advil) 400mg every 6 hours can be overlapped with narcotic or Tylenol at anytime.
7. Use of narcotics will reduce bowel motility and result in constipation. Use Colace 100mg twice a day(over the counter), Metamucil 1 packet or 2tablespoons twice a day and a high fiber diet liberally. If you do not have a bowel movement by the 3rd day you may take 2 tablespoons of Milk of Magnesia at bedtime.
8. Apply ice pack to incision site and groin 30 minutes on / 30 minutes off over the first 24 hours after surgery. You may continue this therapy for another 24 hours as desired.
9. You may return to all normal activities including driving when you are pain free, off of narcotics and are functioning normally.
10. Avoid heavy lifting, strenuous activity or sports until your physician permits. Discuss these issues at your follow-up visit. There are no restrictions on walking, climbing stairs or other routine activities of daily living.
11. Call the office at (203) 281-7000 if you have questions regarding your convalescence and to make an appointment with your surgeon in 7-10 days.

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