



Warrett Kennard, M.D.

GENERAL & VASCULAR SURGERY | DIPLOMAT AMERICAN BOARD OF SURGERY | FELLOW AMERICAN COLLEGE OF SURGERY

Postoperative Instructions

DIET: After general anesthesia, some people experience nausea for one to two days. During this time you may also experience some gas pains, diarrhea, and other mild discomfort.

- Eat small, frequent meals instead of occasional large meals.
- Soups and other bland foods are recommended for the first day or two, but you can resume a more regular diet as soon as you feel comfortable.
- Drink six to eight glasses of fluid (water, Gatorade or juice) daily to maintain bowel regularity.

MEDICATION: Use the medications as they are prescribed. Do not overuse the pain medication, but take it as necessary (as prescribed) for comfort. If your pain is minimal, try Tylenol or Advil instead of the narcotic pain prescription.

- The pain prescription is a narcotic; do not drive or make major decisions while taking this.
- You may resume most medications after surgery. Please check with our office and your doctor regarding resuming blood thinners. This includes Plavix, Coumadin and Aspirin.
- If you develop an allergic reaction (rash, itching, etc.), stop the medication and call the office.

WOUND CARE:

- If you have skin glue (Dermabond), please keep dry for 24 hours. Then you may shower as usual.
- If you have a dressing you may removing and shower 24 hours after surgery.
- If you have Steri-strips, pat them dry after showering. Gently remove them after seven days.
- If you have staples, we will remove them at your post-operative visit.
- If the incision becomes red, irritated, or a discharge develops, you may be developing a wound infection. Call the office immediately.
- You may notice a firm mound or thickening under your incision; this is a “healing ridge” and will diminish over time.

ACTIVITY: Common sense is the best guide to use during your recovery. It is important to be up and out of bed for periods of time, but make sure you are getting enough rest.

- Do not drive for three or four days, or if taking a narcotic pain medicine.
- Be careful performing any activity requiring judgment and/or coordination while taking pain medication.

FOLLOW-UP: You need to be seen 7-14 days after surgery; please call for an appointment if you did not make one when your surgery was scheduled.



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**If you have a significant problem or question before your visit,
call the office immediately
(972) 248-2426**