

Frequently Asked Questions

POSTOPERATIVE CARE - OUTPATIENT SURGERY

YOUR FIRST 48 HOURS

VERY IMPORTANT: If you have excessive bleeding or pain, call (502) 459-3760 during the day or (502) 459-0164 at night. If bleeding is persistent or excessive then arrange transportation to an emergency department.

YOUR FIRST 24 HOURS: If you are going home, a family member or friend must drive you because you have been sedated. Someone should stay overnight with you. If you have any questions about these matters, please ask one of our staff.

DRESSINGS: Keep your dressings as clean and dry as possible. **DO NOT REMOVE THEM UNLESS INSTRUCTED TO DO SO.**

ACTIVITY: Take it easy and pamper yourself. Try to avoid any straining. You may go to the bathroom, sit and watch T.V., etc., but **NO MATTER HOW GOOD YOU FEEL, DO NOT CLEAN THE HOUSE, REARRANGE THE ATTIC, ETC.** We do not want you to bleed and cause any more swelling and bruising than is unavoidable.

ICE PACKS: Cold or ice packs help to reduce swelling, bruising, and pain. Use frozen peas in the package or crush ice cubes and put the ice into a zip-lock bag. This should help, not hurt. If the ice feels too uncomfortable, don't use it as often.

DIET: If you have any postoperative nausea, carbonated sodas and dry crackers may settle the stomach. If nausea is severe, use the Zofran or Phenergan . If you feel normal, start with liquids and bland foods, and if those are well tolerated, progress to a regular diet.

SMOKING: Smoking reduces capillary flow in your skin. We advise you not to smoke at all during the first 10 days after surgery.

ALCOHOL: Alcohol dilates the blood vessels and could increase postoperative bleeding. Please do not drink until you have stopped taking the prescription pain pills, as the combination of pain pills and alcohol can be dangerous.

DRIVING: Please do not drive for at least 2 days after general anesthesia or intravenous sedation or while taking prescription pain pills. Not only is this dangerous, but also a legal liability for the patient.

POST OPERATIVE APPOINTMENTS: It is very important that you follow the schedule of appointments we establish after surgery.