



General Surgery

1825 Martha Berry Blvd. Rome, GA 30165

706-236-6328

GENERAL POST-OP INSTRUCTIONS

1. **Bandage-** You may remove your dressing in 48 hours and do not have to replace your bandage unless your incision is draining. If you have steri-strips (white pieces of tape) across your incision, do not remove these because they will fall off on their own. No tub baths for two weeks.
2. **Brusing or Numbness-** Numbness around or near the incision is normal, also brusing around the incision is normal.
3. **Contacting our Office-** A staff member can be reached at night or on the weekends by calling our office at **706-236-6328**.
4. **Diet-** Begin by eating light foods, advance diet as you tolerate it.
5. **Drainage-** Some drainage from your incision is normal. Normal drainage would be clear/yellow to faintly bloody and does not smell. Call the office if your drainage has a foul odor.
6. **Driving-** You may begin driving when you are no longer taking any pain medicines.
7. **Fever-** Call the office if your temperature is over 101 degrees. A temperature of 99-100 degrees is normal.
8. **Pain Medication-** If you need a refill on pain medication, you must call the office before 5 p.m. **Pain medicine can not be refilled at night or on weekends.**
9. **Redness at incision site-** If you develop redness at your incision site, please contact the office at 706-236-6328.
10. **Deep Breathing and Coughing (for abdominal incisions)-** Breathe deeply and cough several times a day for 1 week. These exercises help circulate, clear your lungs and lower your risk of pneumonia. Support your incision with a pillow when you cough.