

# Post-Operative Instructions

## Home Care Instructions

### Activity

- You will require constant supervision for the next 24 hours by a responsible adult.
- The first few days should be spent resting quietly in bed or on the couch. You may be drowsy and uncoordinated from the anesthesia and pain medications, so be sure to protect yourself from injury.
- **No driving, making legal decisions or operating hazardous equipment for the next 24 hours or any time while you are taking prescription pain medications.**
- Avoid strenuous activity or exercise for two weeks.

### Pain

- **Taking prescribed pain medication around the clock for the first two days is recommended.** Set an alarm clock throughout the night so that pain does not get out of control by morning. Take medication with food to prevent nausea. You may take an OTC stool softener or drink plenty of fluids with additional fruit juices to prevent constipation.
- You may CHANGE to Tylenol after a few days if doing well, but DO NOT take Additional Tylenol with your prescription.
- Avoid Ibuprofen (Motrin and Advil) and Aspirin due to the increased risk of bleeding.

YOUR NEXT DOSE OF \_\_\_\_\_ CAN BE GIVEN AT \_\_\_\_\_ TODAY.

### Diet

- A sore throat is common for two to three days due to the breathing tube placed during surgery.
- Drinking plenty of fluids avoids dehydration, the most common cause of return emergency room visits and hospitalizations.
- Begin with clear liquids such as apple juice, popsicles and water. Then advance diet as tolerated.
- Intermittent nausea and vomiting for two to three days after surgery or while using prescription pain medication is COMMON.

CARE OF THE INCISION \_\_\_\_\_

### When to CALL YOUR DOCTOR (CALL 208-336-4368 TO REACH YOUR PHYSICIAN)

- A fever of 101 degrees for more than 24 hours.
- Pain that or is not controlled by your prescription pain medication.
- **Persistent** nausea and vomiting lasting more than 24 hours.
- Signs of infection in your incision, such as yellow drainage, redness and swelling.

### When to go to the EMERGENCY ROOM

- If you have difficulty breathing or shortness of breath.
- Uncontrollable bright red bleeding from your surgery site.
- If you are unable to reach your physician and need help.