

Postoperative Instructions

Patient Name: _____

Diagnosis: _____ Procedure: _____

- Expect a mild sore throat. You may use throat lozenges or ice as needed.
- Expect low-grade temperatures (below 100.4°F/38°C) for the first few days after surgery.
- Cough and deep breathe frequently (every hour while awake).

Incision:

- You may remove bandages and shower the next day unless advised otherwise. Do not soak in the tub. You may re-bandage as desired. Keep the incision(s) clean and dry.
- Expect minor drainage or bleeding from the incision.
- Expect minor redness, swelling, and bruising around the incision.
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- You may use cold compresses the evening following surgery (not directly on your skin).

Activities:

- No exercise, strenuous activities or heavy lifting (more than 10 lbs.) for _____ days/weeks.
- You may walk, climb stairs and ride in a car unless specifically instructed not to do so.
- You may drive when comfortable and not taking prescription pain medicine.
- Nothing in your vagina for _____ days/weeks.

Diet:

- Advance to usual diet as tolerated.

Medications:

- Use pain medication as prescribed for significant discomfort. You may use Tylenol or Motrin for mild discomfort. Take Citrucel or other stool softeners while taking prescription pain medicine.
- You may take a laxative of your choice.
- See Medication Reconciliation form for which medications you should take. You may resume diabetes medications when diet returns to normal or ask your doctor for specific instructions.

Other instructions:

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WHEN YOU ARRIVE HOME AFTER SURGERY, PLEASE CALL THE OFFICE TO ARRANGE A POSTOPERATIVE VISIT IN 4 WEEKS, UNLESS OTHERWISE INSTRUCTED.

Notify our office for the following:

- If vaginal bleeding is more than one pad an hour.
- If the wound soaks more than one pad each hour.
- If your temperature is greater than 100.4°F/38.5°C.
- If there is any heavy bleeding or severe pain.

Call the office for any other questions or problems. We are available for emergencies 24 hours a day. Office hours: 9:00 A.M.-5:00 P.M. Monday-Friday.

Call your family physician for any other medical problems.

X _____
Physician Signature

Date/Time

210 Ark Rd. Ste. 216
Mount Laurel, NJ 08054
856.778.2060

1000 Salem Rd., Ste. B
Willingboro, NJ 08046
609.871.2060

8008 Rt. 130 N, Ste. 320
Delran, NJ 08075
856.764.0002

45B Homestead Dr.
Columbus, NJ 08022
609.324.7424