



## ROUTINE SURGICAL INSTRUCTIONS

### **OUR APPROACH TO MINIMIZING YOUR DISCOMFORT**

Our clinic's goal is to keep our patients as comfortable as possible after surgery. The medicine that we ask you to take is a big part of your comfort. We also ask you to take it in a way you may not have done before. We want you to take the medicines even before you have surgery. This is a way of preparing your body for surgery. It is a very important part of your comfort, and has helped many of our patients manage their care at home without needing to go to the hospital. The information that follows is your guide to what to do about your medicines and any pain that you feel.

#### **THE DAY BEFORE SURGERY:**

Take 2 **Tylenol** with each meal.

#### **THE NIGHT BEFORE SURGERY:**

Do not drink or eat **anything** after **MIDNIGHT**.

#### **THE MORNING OF SURGERY:**

**DO NOT DRIVE ON THE DAY OF SURGERY.** Someone else must give you a ride who will take responsibility for getting you into your home. Taxis, Buses, or public transportation are NOT OK. You will need help for a day or two after the surgery.

Two hours before your surgery, take the following medicines WITH A SIP OF WATER:

5 mg of **Hydrocodone** – a short acting pain reliever

We recommend an over the counter stool softener or laxative to prevent constipation.

You may brush your teeth, but be careful not to swallow any additional water. Do not use lozenges, candies, chewing gum or tobacco of ANY KIND prior to surgery. The reason to avoid these substances is that they stimulate your digestive system. When this happens, it can cause serious problems (possibly life threatening) with the anesthetics we use in surgery.

#### **DURING SURGERY:**

The part of the body where we will operate will be numbed before the surgery begins. This allows us to use less anesthetic medicines which will make side effects less likely.

When the operation is done, a long acting numbing medicine will be placed in the areas where we have operated. This medicine will wear off after a few hours and your need to take pain medicines may go up. A protective dressing will be placed. We will also place an ice wrap on you to reduce pain.

## **AFTER SURGERY:**

**You will need a ride home from surgery. Do not drive on the day of surgery.** Taxis, Buses, or public transportation are NOT OK

In addition to the ice pack placed on you in surgery, we will provide you with another ice pack. Put the second one in the freezer for when you get home. When one ice pack becomes warm, take the other out of the freezer and trade it for the warm one. Continue with this for several days, as long as it helps reduce any pain. Do not place the ice pack directly on your skin because it can cause skin injury.

### **Take the following medicines:**

5 mg. of **Hydrocodone** 1-2 pills every 3-4 hours as needed for pain.

This is a short-acting pain reliever. It can make you drowsy and affect your judgement – Do not drive when taking this medicine. Stay ahead of the pain for the first 1-2 days after surgery.

An over the counter stool softener should be taken as directed by the manufacturer.

If you are not experiencing enough pain to require Hydrocodone tablets, DO NOT TAKE THEM.

### **DRESSINGS:**

Keep the dressings intact and do not get them wet. Report any drainage that soaks through the dressing. The dressings can be removed 2 days after surgery. Any sutures will be removed at your first post operative visit. Cover any wounds with a light dressing or band aids and change the dressing /band aids each day for one week. It is okay to gently clean the wounds with soap and water but do not scrub the wounds. Report any increasing redness or continued drainage to the doctor.

### **ACTIVITIES:**

You will be given instructions by our staff on the appropriate level of activity that you may engage in following your surgery.

You may contact our office at any time during business hours at **(503) 885-7770**. If a doctor is needed, Dr. Di Paola or Mr. Rodriguez will evaluate your situation. After hours, you may reach our answering service by calling **(503) 963-6124**. Someone is on call 24 hours a day to meet any urgent needs. If you are unsure of what to do, it is best to contact us so that we may assist you as needed.

**If you experience significantly escalating pain, fevers of over 101°, chills, sweats, shakes, or pain that is not controlled by the medicines above, please call our office.**

Thank you for trusting us with your surgical care.