



POSTOPERATIVE CARE INSTRUCTIONS

OFFICE HOURS 8:00 a.m. – 5:00 p.m.

Please call our office if you have concerns or questions. Your concerns and questions will be taken care of more efficiently if you call during office hours. The phone nurse will take your call as soon as possible.

If you have an emergency after office hours, please call Holston Valley (423-224-4000) or Indian Path Hospital(423-857-7000) and ask for the surgeon on call for Surgical Associates of Kingsport, Inc.

1. You may remove your dressing and shower after 48 hours.
2. You may have red areas around your sutures or clips; this is normal. If you develop a red area on your incision that is increasing in size or your incision feels warm to touch, please call our office.
3. Call our office if you develop a temperature above 101.
4. You may take milk of magnesia if constipation occurs after surgery; follow the instructions on bottle.
5. If you have had rectal surgery, you may take one tablespoon of mineral oil twice a day.
6. You may have some firmness of the incision or near the incision; this is part of the healing process.
7. You may have bruising and swelling near the incision.
8. You may use extra strength Tylenol or Advil after you take your last pain pill that your doctor prescribed.
9. You may not lift over 10 pounds until your visit with the doctor after your surgery.
10. You may drive if no longer taking pain medication and are able to react in an emergency situation.
11. **Narcotics can not be called in after hours or on weekends.** If you feel you need more pain medication, please call our office before 2:00 p.m.