

Denver Center for Endocrine Surgery

Dr. Kimberly Vanderveen, Ann Sullivan, PA-C

4700 E. Hale Pkwy., Suite 210 | Denver, CO 80220 | 303.407.0280 | Fax 303.407.0284 | www.denverendosurgery.com

INSTRUCTIONS AFTER SURGERY

WOUND CARE

- You may have a Steri-Strip (tan or white tape) or Dermabond (clear glue) under the dressing, which should stay ON for two weeks or until they fall off.
- If you have staples, they will need to be removed at your follow up appointment.
- You may shower after the outer dressing is removed with soap and water. It is okay for the Steri-Strip or Dermabond to get a little wet. **DO NOT SOAK IN A TUB.** Pat the wound dry.
- Do not apply any lotions or creams unless instructed by your surgeon.
- It is normal to have some bruising, swelling and pain at the incisions.

PAIN MANAGEMENT AND MEDICATIONS

- Take your pain medications as instructed – this helps control the pain better.
- Ibuprofen (Motrin/Advil), naproxen (Aleve) or acetaminophen (Tylenol) may also be taken.
- **DO NOT DRIVE** while using prescription pain medication.

DIET AND CONSTIPATION

- Your appetite may be decreased for a week or more. If you are not tolerating regular meals, try to eat small amounts every 2-3 hours.
- You may eat a normal diet unless your surgeon tells you to avoid certain foods.
- Constipation is very common after surgery and can be worse with the use of pain medications. Drink plenty of water (8-10 glasses per day).
- Your bowel movements may not return to normal for several weeks. You may have diarrhea or constipation.
- If you become constipated, you can take a stool softener or mild laxative (e.g., Milk of Magnesia or Miralax) once or twice per day with a glass of hot liquid (tea, coffee, etc.).

ACTIVITY AND FOLLOWUP

- Avoid strenuous activity (lifting, pulling, or pushing more than 20 lbs.) and sports until cleared by your surgeon.
- Take deep breaths and cough to prevent pneumonia. Splint (hug your abdomen) when coughing or sneezing.
- You should walk 5-10 minutes every hour that you are awake.
- You may drive when you are no longer taking prescription pain pills and feel safe wearing a seatbelt.

See your surgeon: _____

WHEN TO CALL THE SURGEON'S OFFICE:

- Fever higher than 101 degrees.
- Redness or pus coming from the wound.
- Trouble passing urine (unable to “go”, pain, or burning).
- Severe pressure or swelling at your surgery site (bigger than an orange).
- Severe vomiting or diarrhea.