



Denver Center for Endocrine Surgery, LLC

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INSTRUCTIONS AFTER SURGERY

WOUND CARE AND RECOVERY

- If you have an outer dressing (*band-aid or gauze*), remove 2 days after surgery.
- If you have Steri-Strips (tape strips) or Dermabond (clear glue) these should stay ON until they fall off (2 weeks).
- If you have staples, they will need to be removed in 10 - 14 days.
- You may shower with soap and water and pat the wound dry. DO NOT SOAK IN A TUB until cleared by your surgeon.
- Do not use any ointments unless instructed by your surgeon.
- Moderate bruising, swelling and tenderness are normal. Discomfort in the shoulders/back is common after laparoscopic/abdominal surgery.

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 or drink water or Gatorade every 2 - 3 hours.
- Drink enough water to stay hydrated. Avoid carbonated drinks (soda).
- Your intestines may not return to normal for 2 - 3 weeks. You may have diarrhea or constipation.
- To avoid constipation, drink plenty of water (8 – 10 glasses per day).
- If needed, 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.).

PAIN MANAGEMENT AND MEDICATIONS

Take your pain medication as prescribed.

Ibuprofen (Motrin/Advil) or naproxen (Aleve) may also be taken as directed.

DO NOT DRIVE while using prescription pain medication.

DO NOT DRIVE OR MAKE IMPORTANT DECISIONS for 24 hours after anesthesia or while taking prescription pain medications.

ACTIVITY AND FOLLOWUP

- Avoid heavy lifting 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.
- **Contact your surgeon's office to make a follow-up appointment.**

WHEN TO CALL THE SURGEON'S OFFICE:

- Fever higher than 101 degrees.
- Redness or drainage of pus or bad-smelling liquid from the wound.
- Trouble passing urine (unable to "go", pain, or burning).
- Excessive swelling, bruising, pain, vomiting and/or severe diarrhea.