

At Home After Surgery

Patient Name: _____

2 Week Post Operative Appointments with Grand Health

Partners:

(616)956-6100

888-691-0050

Physical Activity:

- Walk 5-10 minutes each hour
- Increase walking time and distance each day (goal 30 minutes per day)
- Walk at a comfortable pace. You should not feel any pain or become tired
- Do your breathing exercises with the incentive spirometer every hour while awake
- Resume sexual activity when comfortable (usually two to three weeks)

Lifting:

- Do not lift more than 8-10 pounds for 2 weeks
- If you have a hiatal hernia repair do not lift more than 25 pounds for 6 weeks
- No heavy lifting, twisting, or bending for the first 2 weeks

Female Patients Only:

- **Avoid pregnancy for at least 18 months**
- Menses may occur soon after surgery, your period may change after surgery as well

Return to Work:

- You will be off work for 1-2 weeks depending on your surgery
- You can review your return date at your two week appointment
- If you feel you can return sooner, please call our office
- Please tell us if you need written medical leave forms (FMLA or Short Term Disability)

Driving:

- You may drive when you:
 1. Are no longer taking narcotic pain medicine
 2. Are you able to sit comfortably behind a wheel
 3. Can look over your shoulder

Pain:

- Pain should decrease gradually
- Pain medication prescribed is Oxycodone (unless allergic)
- We recommend having liquid Tylenol on hand in addition to Gas-X (simethicone). These can be purchased over the counter. Please follow directions on the package for dosing.

- **Do not exceed 4 grams or 4000mg of acetaminophen per day**
- **Do not use:** Aspirin, Aspirin products, Ibuprofen (Advil or Motrin,) Vioxx, Naproxen, Aleve, Bextra, Celebrex, or any other members of the non-steroidal anti-inflammatory (NSAID's) family of medications

Medications:

- Take only medications prescribed at time of discharge
- To avoid nausea, take medications 30-60 minutes apart
- Do not stop medications without contacting Grand Health Partners
- **If you are prescribed Eliquis after surgery for blood clot prevention you will take 2.5mg twice daily for 30 days after surgery. Please start medication on post op day #3 or as directed by surgeon at time of discharge. DO NOT TAKE PRIOR TO SURGERY. If you develop any signs of bleeding please hold medication and call the office.**

Wound Care:

- Leave white tapes (steri-strips) on until they fall off (typically 7-10 days)
- Shower daily, do not scrub incisions, and pat dry
- Apply dressing only if incision continues to drain
- **Call** if incision becomes reddened, increasingly painful, or discharge is a foul odor
- If drain left in place, follow drain care teaching you received from the hospital; empty drain daily or as needed; record drain output
- Drains and staples (if used) will be removed by Grand Health Partners clinical staff

Nutrition: LIQUIDS ONLY UNTIL 2 WEEKS POST- OP

1. **Drink 64 oz of hydration fluids per day (water/diet/decaf fluids)**
 - Start drinking within 10-15 minutes of waking up
 - Hydration fluids are more important than your protein right after surgery
 - Try to drink twice as much hydration fluids as you do protein
 - May use sugar free popsicles and sugar free gelatin, broth, and bone broth
2. **Protein goal is 60 grams per day if you are able.**
 - May mix protein powders/drinks with Fairlife milk, lactaid milk or soy milk.
 - Do not self-advance your diet. This may result in a leak and be very dangerous
3. **Avoid taking any vitamins during the first 2 weeks after surgery.**

Diabetic Patients:

- Check blood sugars 4 times a day
- Record readings and bring to next office visit
- Call if your blood sugar is less than 80 or greater than 150
- Treat episodes of low blood sugars causing symptoms—try 1/4 cup orange juice mixed with 1/4 cup water
- To avoid future episodes, call office so diabetic medications can be adjusted

Special Circumstances: Call (616)956-6100 if you have any of the following:

- Fever higher than 101°F (38°C)
- Sudden onset of pain, change in the way the pain feels, or pain not going away with medication
- Nausea that will not go away with or without vomiting
- Shortness of breath that does not go away with rest
- Leg swelling and/or pain
- Incision that is increasingly red, tender, swollen, hot, and/or is draining
- Bright red blood from your incisions, rectum, or in vomit

- Excessive diarrhea (more than 3-4 loose, watery stools a day)
- Constipation or if you are not able to pass gas

Future Medical Problems:

- First 2 months after surgery = contact our office if you experience any non-life threatening changes in your health (ex. Gout, pregnancy, questions regarding medications)
- We're available 24 hours a day/7 days per week
- After hours, you'll be directed to our emergency answering service. The service operator will ask for name, telephone number, and brief description of problem. They will page the on-call Physician Assistant who will then contact you directly.
- **If your complaint is life threatening or emergent in nature, call 911 or go to the nearest Emergency Department.**
- If your complaint is urgent, but not life threatening, you may be directed to Spectrum Health Blodgett or St Mary's **Emergency Department** for further evaluation.



(616) 956-6100 or (888) 691-0050