



GLENN L. SANDLER, MD

## POST-OPERATIVE INSTRUCTIONS FOLLOWING MINOR SURGERY

### Wound Care

- You may shower the day after surgery.
- The plastic dressing is waterproof. You may shower with the bandage in place.
  - Remove the plastic dressing and gauze after 48 hours but leave the steri-strips (tapes on the skin) in place.
  - After the dressing is removed, you may get the incision wet. Do not rub the steri-strips covering the wound, simply blot the area dry.
  - When the steri-strips start to separate from the skin (curl on the edges) you may peel them off.
  - You may cover the incision with a gauze pad after bathing to prevent irritation from clothing; however, this is not necessary.
- You may perform physical activity as tolerated.

### Pain Medication

- Tylenol or Ibuprofen (Advil) 600-800 mg is usually sufficient to control post-operative pain. If a pain medication is ordered to your pharmacy, take this as prescribed.
- Prescription pain medication causes constipation. You may take any remedy for constipation.
- Prescription pain medication can also cause nausea, dizziness, and/or an allergic reaction (usually itching). If any of these occur, discontinue the medication. If any side effects of the pain medication are severe, call our office.
- Do not drive if you are taking prescription pain medication.

### Follow Up Visits

- **Call (301) 251-4128 for a post-operative appointment. You should be seen 2-3 weeks after surgery and should call to make an appointment in advance.**
- Your physician may ask you to return sooner if you have sutures to be removed or your incision needs to be checked sooner.

### Answers to Frequently Asked Questions

- Minimal bleeding from the incision can occur and is best treated by gently applying pressure over the bleeding area for 5 minutes.
- It is common to see the area around the incision become bruised. This will resolve over time.
- Swelling of the incision is a normal response to surgery.
- Do not hesitate to call our office with any questions. If you need to speak with a physician for a *non-emergent* problem, be sure to leave your work and home telephone numbers so the physician may return your call daytime or evening. If you feel your call has not been returned in a timely manner, please feel free to call again. The physicians make every attempt to return patient calls within a reasonable time.

The office phones are answered 24 hours a day and a doctor is always available. The office staff is available to schedule appointments and handle non-emergency calls from 8:30 AM to 4:30 PM Monday - Friday. Please call 301-251-4128.