

follow up

Please schedule a follow up appointment with the office for two weeks post-op.

activity

- Walking is encouraged daily. Increase distance and duration of walking on a daily basis.
- Climb stairs as needed.
- 10 lbs. lifting limit until seen in office for follow-up.
- Sleep on back or side. Pillows placed under knees while sleeping on back or against back while sleeping on side may provide additional comfort.
- No sexual activity for two weeks.
- No driving until two weeks post-op and seen in the office for follow-up.
 - No driving while on pain medication or muscle relaxants.
- Physical therapy will be arranged at the first follow-up appointment if needed.

incision care

- Change dressing daily beginning 2 days after your surgery.
- Keep incision clean and dry.
- Do not apply ointments to incision.
- Do not shower until there is no drainage from incision. Drainage usually stops within 3-4 days post-op. When showering, keep incision as dry as possible. Change dressing immediately after showering.
- No bath, hot tub, or sauna for six weeks post-op.
- Take your temperature twice a day, once in the morning and once in the afternoon, for seven days.

post-op medications

- Take pain medications only as prescribed.
- Continue with ice applied to the area of incision for 30 minutes at a time, multiple times per day. This provides additional pain control and helps reduce swelling.
- Obtain over-the-counter stool softeners to take post operatively while using pain medications. Examples include Colace or Dulcolax. Follow instructions as written on label.
- Monitor need for a refill on pain medications closely. Contact your pharmacy for a refill 48 hours before the refill is required. Pain medications will not be refilled after business hours or on weekends.
- Do not take anti-inflammatory medications for one week post-op.
 - Examples include: Advil, Aleve, Aspirin, Celebrex, Diclofenac, Excedrin, Ibuprofen, Midol, Motrin, Mobic, Naproxen.

return to work

- Anticipate no work for the first two weeks post-op. Further time off will be determined at follow-up visits.
- Light to sedentary work may be possible 2-3 weeks post-op.
- Heavy work can anticipate six weeks post-op.

when to call your physician's office

- Temperature above 101.5 degrees F (38.8 degrees C).
- Clear or excessive drainage from incision.
- Increase in pain.
- Redness or swelling of incision.
- Difficulty urinating or having bowel movements.
- New weakness to extremities.
- New onset of calf pain or swelling to lower extremities.
- Any difficulties with taking medications.
- Headache that worsens when standing and resolves when laying flat.

office number

- DuPage Medical Group Pain Management Surgery Center: 630 967 2225