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POSTOPERATIVE INSTRUCTIONS MINOR SURGERY

The following instructions are to be followed after having minor or outpatient surgery.

1. You may eat any diet you desire, but you are encouraged to stick with bland food that is easy to digest for the first few days until your bowel movements return to normal. Avoid a lot of raw vegetables and salads at first, as these are hard to digest. If you develop "gas pain" once you are home, we recommend over the counter medications such as Mylicon or Gas-X. For constipation we recommend milk of magnesia or a glycerin suppository. For more severe gas pain you may try Dulcolax tablets or suppositories or a Fleets enema.
2. You may take a bath or shower at any time. You may wash your hair. Your incisions (if you have any) need no special care and soap and water will not harm them. You may remove any bandages the first day after surgery.
3. During the first few days at home, plan to take it easy. You may walk as much as you like, but avoid getting overtired. Gradually increase your activities as your energy improves.
4. Your bladder sensation may not be normal immediately after surgery, especially if you have had incontinence surgery. You are encouraged to attempt to void every 2-3 hours whether you feel the "urge" or not. This will prevent your bladder from becoming too full, which makes it harder for the bladder muscle to contract to empty your bladder. You do not have to set an alarm to void at night.
5. You may ride in a car at anytime- that is usually the way you will get home from the hospital. You may drive whenever you are off narcotics and can move your legs well enough to slam on the brakes in Atlanta traffic. For some this will be a few days and for others this may be 2 weeks or more.
6. No lifting of heavy objects, pushing, pulling, or heavy housework for at least a week after surgery. Depending on your type of surgery, these restrictions may be in place for longer and will be discussed at your postoperative office visits.
7. No douching or sexual relations until you have been seen in the office.
8. You may expect some vaginal spotting and/or a yellow discharge for several weeks after surgery. You may also pass some bits of suture material from time to time.
9. Please call the office immediately if you have severe pain, heavy bleeding (more than a period), chills or fever (temp > 100.5), or nausea and vomiting and are unable to keep anything down.
10. Call the office within 48 hours to schedule your postoperative appointment. You may also schedule your postoperative appointment at your preoperative appointment. Please do not hesitate to call the office for questions or advice. Our goal is to get you back to your normal activity and lifestyle as soon as possible.