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Patient: _____ **Date:** _____

SURGERY DISCHARGE INSTRUCTIONS AFTER NON BARIATRIC PROCEDURES

Medications:

- If needed, take pain medications as indicated on prescription label.
- Do not drink alcoholic beverages, drive a motor vehicle, or operate equipment while taking your pain medication.
- Discuss resuming any medications you were previously taking with your doctor.
- If you become constipated, take Colace (non-prescription) twice a day. Add Milk of Magnesia, if needed.

Diet:

- Resume your usual pre-operative diet, as tolerated, unless otherwise instructed.

Activity:

- Walking and stairs are permitted as tolerated. Resume driving when pain free, off all pain medications.
- You may lift or perform other activities to the limits of your comfort. If it does not hurt, you will do no harm.

Incision Care:

- If a dressing is present, leave as-is for 48 hours, then remove it.
- The small tapes right on the incision are called Steri-Strips.
- Leave Steri-Strips on until they fall off – usually 7 to 14 days.
- You may shower after 48 hours. Do not rub the incision or soak it underwater in a tub or pool.
- The Steri-Strips can get wet – pat them dry.
- If you have a drain, do NOT get it wet. Empty your drain three (3) times a day and record the amounts.
- When the drainage totals less than 30 cc in 24 hours, call the office to arrange removal, within one week.

Call Your Surgeon for Any of the Following:

- Temperature over 101°F.
- Unable to take fluids or persistent vomiting for 8 hours.
- Unable to urinate for 12 hours.
- Unusual redness, swelling, bruising, or bleeding from your incision.
- Worsening abdominal pain, not controlled with pain medication.

Follow Up Care:

- **BE SURE TO CALL 814-877-6997** to make or confirm your “Post-Op Appointment” with your
 surgeon or physician extender at Bariatric Surgery Center.
- Call anytime you have question or concern.
- See your primary care physician following any operation.