

**POST OPERATIVE
ABDOMINAL SURGERY**

MEDICATIONS:

- Allergies: _____
- _____: Take _____ every _____ hours if needed for pain. Substitute Tylenol for mild pain. Do not drive or drink while using this medication. Avoid Aspirin and Ibuprofen products until 3 days after surgery.
- _____: Take one _____ times daily for _____ days.
- Other: _____

INSTRUCTIONS:

- Make an appointment to see Dr. Hoffman on _____
- Sleep with 2 pillows under your head and one under your knees. Get plenty of rest the first 2 days.
- You may shower the day after your surgery. Remove all dressings and wash the wounds daily with soap and water.
- You may shower with your drains. Please take tension off of your drains by placing them on a soap dish in the shower or on a string around your neck.
- Keep the wound and dressing area clean and dry. If your incision is exposed place Vaseline to any open incisions.
- If you have steri-strips, you may trim them if they start to lift off of your skin.
- If you have been advised to wear a compression garment it must be worn at all times, even at night. (Binder, panty girdle, Lycra shorts)
- Avoid housework and driving for a week. Do not stretch at waist. No exercise, lifting or straining until approved by Dr. Hoffman.
- Measure and record your drains twice a day. Bring those numbers with you to your office appointment. If over 100 ccs of drainage comes out of your drains at one time- please call the office.
- Call if you experience unusual pain, redness, swelling, bruising, bleeding or sustained fever.

Physician Signature

Date

Patient/Family Member Signature

Date