

## **WHAT TO EXPECT.....After your Surgery**

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- 1) **EXPECT TO HAVE PAIN OR DISCOMFORT.** A pain medication will be prescribed. Take as directed.
- 2) There may be a dressing over the incision. Remove this the **NEXT DAY**. Under the dressing you will either have stitches, staples or little tapes across the incision, **LEAVE THESE ALONE.**
- 3) **EXPECT BRUISING AND SWELLING** near surgical area, some bleeding and drainage from surgical incision can be normal, (ie: red, pink, yellowish, clear and dark brown). With active bleeding please apply firm pressure to area for 5-10 minutes.
- 4) If you have problems urinating, develop a fever, chills or an increase in pain, the incision becomes red and warm to the touch, the drainage is greenish in color, there is a large volume of drainage – **CONTACT OUR OFFICE.**
- 5) Many patients have problems with bowel movements after surgery, pain medications can cause constipation. If you have not had a bowel movement for several days, take some *Milk of Magnesia*. **WALKING IS IMPORTANT.** Walking helps your bowels to move, so be as active as you can tolerate without additional discomfort. If these suggestions don't work – **CONTACT OUR OFFICE.**
- 6) **PLEASE REMEMBER** to contact our office for a post-operative/follow up appointment if one has not been made for you prior to leaving the hospital.
- 7) You will be receiving additional instructions prior to discharge from hospital. Please be sure that you understand all instructions before leaving the surgery area.

Contact information:

**Monday-Thursday 8-5 pm, Friday 8-4 pm**, you can call Surgical Associates of Marquette at (906) 225-3853. *After hours and on weekends* call (906) 449-3000 UP Health System - Marquette and the switchboard operator will put you in touch with the General Surgeon on call.

Revised 5/6/21, 5/20/21 wt