



## **Post-operative Instructions**

Dr. Yeaney will arrange for your discharge home after surgery. If you have undergone a same day (outpatient) surgery, you will be sent home from the outpatient recovery area. The time to discharge varies, but in general 3-4 hours is sufficient to make sure that the patient has fully recovered from anesthesia and is safe to go home. Please make sure you have someone available to drive you home after surgery. You should have family or friends stay with you for at least 24 hours after surgery.

- Patients may resume all normal home medications after surgery. Some new medications may have been started in the hospital. If this is the case, please make sure you remember to fill your prescription for the new medicines. Some blood thinners may need to be held for 2-3 days after the surgery. If you are on blood thinners please discuss this with Dr. Yeaney.
- Patients may shower 48 hours after surgery. Sponge baths may be done until this time has transpired. No bathing, swimming, or soaking should be done for one week after surgery.
- Patients are restricted to light activity until their one week post-operative appointment with Dr. Yeaney. After this time normal activity may resume. No strenuous activity or heavy lifting greater than 20 pounds should be done for 6 weeks after most surgeries.
- Please keep the post-operative dressing on the wound for 24-48 hours. After this time the post operative dressing may be removed and the area cleansed with soapy water. If steri-strips (small tape strips) are on the wound, please keep these in place until your office visit.
- Dr. Yeaney's staff will have scheduled your post-operative office appointment prior to surgery. Most of these appointments are for one week after surgery. If you have been seen in the hospital and have not been to Dr. Yeaney's office, please call 941- 243-3991 to schedule an appointment.
- Unless otherwise told by Dr. Yeaney you may resume your normal diet after surgery. Avoid any spicy, fatty, or excessively large meals for one week after surgery. Immediately after your surgery you may want to limit yourself to Jello or clear liquids to avoid any post-anesthesia nausea.