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Post-Operative Information

After surgery, you may have questions regarding what is expected and normal. The following is a list of frequently asked questions which will better prepare you for what to expect post operatively.

1. **Pain Control:** After surgery, it is common to have discomfort at the sites of surgery. Regardless of the size of your incision you should still expect to have some pain in these areas. Your doctor will prescribe pain medication for you, take this as prescribed for pain. If you begin to have pain that is uncontrolled by your medication, contact our office immediately.
2. **Bowel movements:** Depending on the type of surgery you have; you can expect to have some delay in bowel movements. If general anesthesia was used during your surgery, it can take a few days for your bowels to begin to move normally. Early and frequent ambulation can help. After surgery if you are prescribed pain medications, it is very important to take a stool softener daily because pain medication itself can cause constipation. If you have had no bowel movement after 3 days, please contact our office. Special exceptions are for colon surgery, patients can expect to have no bowel movement for up to 5 days.
3. **Incisions:** Incisions can vary in length and number depending on the type of surgery you had. There are also different methods for closing incisions including sutures, staples and skin glue. Some patients can have reactions to the glue or tape used after surgery. This usually looks like redness but only in the area where the glue/tape touched the skin. If you have redness outside of these areas or redness that is spreading, or if you notice any drainage from your incision that is creamy yellow/green/white or foul smelling, please contact our office.
4. **Driving:** If you are taking pain medications you SHOULD NOT drive. After surgery you should schedule an appointment with your physician office, at that time you will be assessed for driving ability.
5. **Shower:** If your incision was closed with skin glue, or water proof dressing, you may shower after 24 hours. You should avoid scrubbing and using scented soaps/lotions. Sutures and staples should remain dry until removed by your physician. If there is packing you should sponge bathe or keep the area dry until your first visit with the physician or nurses for wound care, unless wound care was taught to you in the hospital or there is a home health nurse following you.
6. **Drain:** If you have a drain, you should keep the area clean and dry. Sponge bathing is always ok. It is very important to avoid soaking any incision, to change dressings if they are wet and to cover or protect incisions that are stapled. Please keep an accurate record of any drain output.
7. **Other Situations:** Contact our office if you have pain uncontrolled by medication, fever/chills/nausea/vomiting, or red/draining incisions or wounds. Call 911 if your pain is SUDDENLY SEVERE OR INCAPACITATING or if you become short of breath or have chest pain. This is not normal after surgery and will require evaluation in person by a doctor in the ER.
8. **Disability:** To initiate your disability claim, please check with your employer on form requirements. Claims may be started after the completion of your surgery. Two types of forms could be needed. State Disability (EDD) www.edd.ca.gov forms are completed online and are filed at no charge. Employer forms from your work are assessed \$40 fee for the completion of each form. Please complete your portion of these forms and return to our office or contact Tania at tania@svsmg.com. Please note, it may take our office 7-10 days to finalize these forms with our physicians.

Should you have any further questions please do not hesitate to contact our office during normal business hours from 8:30am-5pm at (949) 364-1007. Should you have an emergency outside of these hours, an on-call doctor is available. We thank you again for choosing OC Surgeons- SVS Division and we look forward to providing you with continued outstanding care.