

# Poplar Avenue Clinic / Dr. Sanjeev Kumar & Associates

6584 Poplar Ave. Suite 400 Memphis, TN 38138



901-300-6713



901-881-0337

## GENERAL POST OPERATIVE DISCHARGE INSTRUCTIONS

CONTACT YOUR SURGICAL TEAM IF ANY OF THESE SYMPTOMS OCCUR AT PHONE NUMBER **901-300-6713**



### FEVER:

Greater than 101 Fahrenheit.



### ABDOMINAL PAIN:

That persists for more than 4 hours or any severe abdominal pain.



### VOMITING:

Inability to eat or drink for more than 4 hours.



### URINATING:

Inability to empty your bladder or pain during urinating.



### CONFUSION:

Any concerns that seem out of the ordinary.

## HOME INSTRUCTIONS

**NOTE TO CAREGIVERS** - If the patient appears very ill or is not easy to arouse take her directly to the nearest emergency room or call 911 for emergency assistance. Do not wait to reach your surgical team. We will be happy to work with the emergency team nearest to you.

**\*\*Follow up visit to be schedule for 2 weeks after surgery date please call the office if you do not have an appointment scheduled\*\***



### EXERCISE/ LIFTING

No lifting greater than 15 pounds for two months. Exercise should be limited to walking for 6 weeks; increasing your level of exertion gradually.



### BATHS:

Avoid baths, swimming, or submerging incisions under water for two weeks. Showers are permitted, but make sure to pat dry the incisions.



### WOUND CARE

If you have a band-aid or bandage on your wound, you may remove it the day after dismissal. You may wash the wound with mild soap and water, avoiding immersing any abdominal incisions in water for at least two weeks after surgery. Keep your wound clean and dry. You should observe your incision for signs of infection which include redness, warmth, drainage or fever.



### PELVIC REST:

No douching, tampons, or intercourse for **two months**.



### MEDICATIONS

continue taking your regular home medications as prescribed. Unless instructed by your surgical team



### DRIVING:

No driving while on narcotics. Driving may be resumed initially with a competent passenger one to two weeks after surgery.



### VAGINAL DISCHARGE

You may develop a vaginal discharge and intermittent vaginal spotting after surgery and up to 6 weeks postoperatively. The discharge may have an odor and may change in color, due to dissolving stitches. Contact your surgical team if your bleeding is soaking more than 2 pads in 4 hours.



**CONSTIPATION REMEDIES** (doesn't apply to you if you have an ileostomy/colostomy/urostomy): Patients are often constipated after surgery or with use of oral pain medicine. You should continue to take the stool softener during the next six weeks. and consume adequate amounts of water. If you have not had a bowel movement for 3 days after discharge, please try one or all of the following measures:

1. **Milk of Magnesia** – 30 cc by mouth every 12 hours
2. **Metamucil, Fibercon**
3. **Prunes or Prune juice.**

PATIENT SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_