

Discharge Instructions

Please review thoroughly and inform staff if there are any questions. (Please refer to Post-Op Guide for details)

Medication **IMPORTANT: MUST** follow indicated durations

- Pain Medication: Ketorolac every 6hrs for 5 days or as needed.
- Antibiotic: Cephalexin 500mg every 8hrs **until finished**.
- Acid Reflux (PPI): Omeprazole 20mg caps every 12hrs **until finished**. When finished, purchase OTC “Prilosec” (or generic Omeprazole) and continue for **minimum 1 month**.
- Antacid/Gas: Aluminum/magnesium/dimethicone suspension 10ml every 12hrs **until finished**. When finished, purchase Gaviscon Liquid (or generic Aluminum hydroxide/Magnesium carbonate) and continue for **minimum 1 month**.

Wound Care

- Clean incisions twice a day with antiseptic spray or soap and water. Pat dry.
- Change bandages after cleaning
- Remove bandages when home as they require oxygen to heal

Diet

- Clear Liquids **ONLY** for 7 days from Surgery Date 1oz/15 minutes (See Post-Op Diet)
 - Broth
 - SF Popsicles
 - SF Jello
 - SF Juice
 - Water w/flavoring, electrolyte water, or plain water - must achieve 64oz/day
- Start vitamins listed in Post-Op Diet when home

Activity

- **MUST** walk for 15 minutes every 2 hours (helps prevent clots and release of residual gas)
- **NO** running, pushing, pulling, bending, or lifting over 10lbs for 6 weeks
- Light activity i.e. Walking/Treadmill/Stationary Bike permitted up until week 6, after 6 weeks fully cleared
- **NO** tubs, jacuzzi, or swimming for 6 weeks minimum (incisions must be fully healed)
- **NO** Smoking - causes clots, bleeding, leaks, ulcers, strictures, perforations, slows healing
- Driving permissible when comfortable