



Paula R. Dhanda, MD, FACOG, FACS

5685 Main Street, Kelseyville, CA 95451

www.dr-specialtycare.com

707.279.8731 Fax

707.279.8733

POST-OPERATIVE

PATIENT INSTRUCTIONS

MINOR SURGERY

GENERAL: Check temperature orally twice a day for one week after surgery. Call if temperature exceeds 101⁰ F.

ACTIVITY: Limit physical activity to home and yard for at least 1-2 days after surgery. Climb stairs slowly. No driving for 24 hrs (48 hrs if you had general anesthesia.) Take long rest periods daily.

WORK: You may return to work or school when your doctor authorizes this.

DIET: Eat regular meals and drink extra fluids.

SEX: No sexual activity for two weeks. Do not douche or use tampons. Use perineal pads only for any vaginal discharge which may last for 2 weeks. Call if heavy bleeding occurs (heavier than a period.)

WOUND CARE: If you have an incision on the abdomen, clean it with soap and water. If you have paper tapes securing your incision, they may come off by themselves. If they are still in place at 1 week you may remove them. Only showers should be taken for 1 week.

WARNING SIGNS: If you develop swelling, tenderness or redness at the incision, a foul discharge, severe pain, bleeding heavier than a period or a temperature greater than 101⁰ F, please call the office. Call for any problems, concerns or questions.

FOLLOW-UP VISIT: Date: _____ Time: _____

OR: Call for appointment in 1- 2 weeks

MEDICATIONS: You should resume your usual medications. Take Tylenol, Aleve or Advil for pain. You may be provided with additional prescriptions, and these should be taken as directed on the bottle.

PRESCRIPTIONS: _____

I HAVE READ, UNDERSTAND AND AGREE TO FOLLOW THE ABOVE INSTRUCTIONS

Patient Signature: _____ Date: _____

Witness: _____ Time: _____