



COMPLEX CLOSURE POST-OPERATIVE INSTRUCTIONS



HOW TO CONTACT US

Luminary Office

M-F 8 am- 5:00 pm
941-926-6553

Blake Hospital Clinic

M-F 8 am- 4:30 pm
941-567-2876

After Hours Answering Service

941-567-2876

WHAT TO EXPECT AT HOME

- It is normal to have pain at the surgical site. Pain that is excessive or increasing after several days should be reported to your surgeon.
- It is normal to feel pulling or tightness at the surgical site.

ACTIVITY

- If the surgical site is above your shoulders, please keep your head elevated at all times. Please sleep with your head slightly elevated or propped up on several pillows for the first 72 hours after surgery.
- DO NOT drive if you are taking narcotic pain medicines.

SURGICAL SITE CARE

- Please inspect the surrounding area for any redness or drainage.
- AVOID showering or getting the area wet for the first 48 hours after surgery. After the 48 hour mark, you may shower and allow the water to contact the suture line.
- The surgical site has been sutured closed. If the surgical area is above the shoulders, please apply bacitracin or any antibiotic ointment twice daily to the suture line. You may do this immediately after surgery. There will be no dressing over the suture line.
- If the surgical area is below the shoulders, there is a glue over the suture line and you should avoid any ointments or creams to the area. There may be a dressing in place and you may remove this at 24 hours after surgery and leave the area uncovered.

OTHER SELF-CARE

- Make sure you eat healthy foods, including lots of fruits and vegetables. Drink plenty of fluids. A healthy diet and plenty of fluids promote bowel movements and prevent infection.
- Your pain should go away over several weeks. Take any pain medicines as directed. Take them with food and plenty of water.

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- DO NOT drink alcohol while you are taking pain medicines.
- DO NOT take aspirin or ibuprofen until 48-hours after surgery. After the first 48-hours, these medications are preferred to narcotic medications. Ask your surgeon which vitamins, supplements, and other medicines are safe to take.
- DO NOT smoke. Smoking slows healing and increases your risk of complications and infection.

WHEN TO CALL THE DOCTOR

- Increasing pain, redness, swelling.
- Side effects from medicines, such as rash, nausea, vomiting, or headache.
- A fever of 100°F (38°C) or higher.

FOLLOW-UP

- You will be seen within one week after your surgery to check the area.
- If you were not given a follow-up appointment at the time of your operation, please call the clinic to arrange follow-up within one week from the time of your surgery.