

# **Post-Operative Instructions**

## **General Surgery Home Care Instructions**

### ***Before your surgery***

- Do not eat or drink anything after midnight before the surgery, ask your doctor or anesthesiologist what you may take the morning of surgery.

### ***After your surgery:***

#### **Your activities**

- Do not drive for one week after surgery
- Do not drive if you are taking narcotic medication

#### **Your Diet**

- Drink 8 ten ounce glasses of water or juice each day to prevent dehydration and constipation
- Increase high fiber food in your diet
- Take Metamucil or Citrucel to prevent constipation. Be sure to drink plenty of liquids when taking them to get maximum benefit. These medications may cause bloating and cramping in the first week.

#### **Constipation**

To prevent constipation you may take the following over the counter medications

- Metamucil 1 tsp or Citrucel 1 Tablespoon by mouth 1-2 times per day. Mix it in 2 cups of juice or water.
- Mineral oil 2 tablespoons by mouth twice a day. Stop taking after your first bowel movement.
- Milk of Magnesia 1-2 tablespoons 1-2 times per day
- 

#### **Pain control**

When you have finished your prescription medications, you should be able to take over the counter medication to control your pain.

If you have any questions or concerns please call us at 650 641-7861