



Care After Surgery

Controlling Pain:

- Take your opioid pain medication as prescribed
- Use the following non-prescription medications to help control your pain:
 - Ibuprofen 600mg three times per day with food
 - Tylenol 500mg four times per day
 - Apply heat therapy, such as a heating pad or hot water bottle
 - Apply a lidocaine patch over the incision if painful
- If the pain remains, proceed to the Emergency Department if it prevents you from performing your day to day activities or it suddenly worsens

Preventing & Treating Constipation:

- Ensure you walk frequently after surgery, safely. The more the better
- Stay hydrated
- Take fiber powder over the counter. You can use a tea spoon with 8 ounces of water or a table spoon with 16 ounces of water. You can do this twice per day
- If fiber powder is ineffective, use over the counter miralax 17g once per day
- If there is no bowel movement up to 7 days after surgery, take one bottle of magnesium citrate over the counter
- If this is not effective, call the clinic