



General Post Operative Care

- Be sure to make arrangements to have someone drive you home after your surgery today and remain with you overnight.
- Do not drive or operate machinery for 24 hours after surgery or while taking pain medications.
- We suggest that you postpone making any important decisions until 24 hours after your surgery.
- Avoid consumption of alcohol, sleeping pills, tranquilizers, or any non-prescribed medications for 24 hours, unless otherwise advised by Dr. Powell. Be aware that you may experience occasional dizziness today, especially if you are taking a pain medication.
- If your young child is the patient, be especially cautious with him or her. Hold hands while crossing the street and take care getting him or her in and out of the car. All play activity should be supervised for the next 24 hours.
- If your bandage/dressing becomes saturated, reinforce it and notify our office at (479)750-6269.
- Notify our office if you should run a temperature greater than 102°, if you have excessive swelling, drainage, redness or warmth at the surgical site.
- If Dr. Powell did not prescribe a special diet for you, start with small amounts of food which you can tolerate easily, such as liquids and soup. If you are vomiting, do not eat or drink for two (2) hours, then progress slowly with clear liquids. If vomiting persists, call our office at (479)750-6269
- You may or may not have a pain pump in place. If you do, this device is an automatic infusion pump which contains numbing medication. The pump is designed to gradually infuse the medication into your surgical site over a period of 48 hours. If you notice any medication leakage or rapid infusion occurs, please notify our office immediately at (479)750-6269. The pain pump should be left in place until your follow-up visit with Dr. Powell.
- If you have an Ace wrap bandage and it becomes too tight, you may loosen the Ace wrap carefully, making sure that you do not remove the dressing over the incision.

If you have any problems or questions, please feel free to call our office at (479) 582-4647 between the hours of 8:30 a.m. and 4:30 p.m., Monday – Friday. If you have an emergency outside of our normal office hours, go to the nearest emergency room or call (479) 433-6116.