

Post-operative instructions for Portland Surgeons
Dr. Gaumont, Dr. Soot, Dr. Yu, and Dr. Zink

Follow up with Dr. Gaumont / Soot / Yu / Zink in _____ days / weeks.

Call 503-935-8700 as soon as possible for your appointment. Call for an appointment sooner or to talk to your doctor if you have fevers, vomiting, redness or drainage of pus from incisions, or other concerns.

Keep wounds clean and dry for ___ days. Remove outer dressings and ok to shower after ___ days with wounds uncovered. Leave small white tapes (steristrips) until they are peeling off on their own (1-2 weeks).

You may shower sooner if the plastic dressings are entirely intact so that the wounds stay dry.

Leave dressing in place until your follow up appointment

Do not shower if there is a drain in place

Ok to shower with drain in place

No soaking in a tub or pool for 2 weeks.

Regular Diet or _____

The pain medication can cause constipation. Take a stool softener, fiber, or miralax (all over the counter) as needed for constipation.

No lifting greater than ___ lbs for ___ weeks. No lifting if painful.

Walking is good.

It is normal to be more tired than usual for the first several days. Rest as needed. Return to work when your pain and energy allow, or as discussed by your doctor.

No driving while taking narcotic pain medication or having pain.

Take your pain medication as needed. Once the pain is improving, use Tylenol or ibuprofen for pain instead. You may use an ice pack as needed for pain the first 2 days. After that, use either ice or heat as needed.

Instructions Given By: _____

Patient Released To: _____ Date: _____