



# Chicago Institute of Advanced Surgery

## GENERAL SURGERY DISCHARGE INSTRUCTIONS

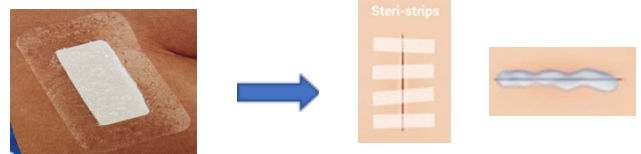
**OFFICE NUMBER: (773) 327-6800**

**\*FOR URGENT MATTERS OR IF YOU FEEL VERY SICK, CALL 911**

### Dressing and Incision Care:

Clear plastic waterproof bandage with gauze:

- Leave on for 2 days after surgery
- You can shower over the bandage
- You will have steri-strips underneath
- Remove steri-strips 5 days after surgery



Skin Glue:

- Will peel off on its own in 1-2 weeks

### Pain:

If you are given a prescription for pain medication, fill it immediately and take as instructed. Otherwise:

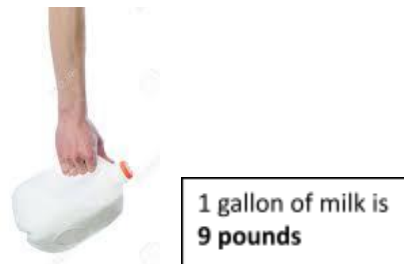
#### For first five days

- Take 1000 mg of Tylenol every 8 hrs  
(liquid Tylenol for all bariatric and hiatal hernia surgery)
- If ok with your doctor, take 600 mg of Ibuprofen every 8 hrs
- Alternate these medications so you have something to take every 4 hours.
- Take the Tylenol even if you do not have pain



### Activity Restrictions:

- No lifting anything over 10 pounds for 6 weeks
- Walk as much as possible
- Back to work: check with your doctor
  - 1-2 weeks off
  - when back, 4-6 weeks of light duty



**Your post-operative appointment is scheduled on: \_\_\_\_\_**

\*The above are general recommendations for laparoscopic surgery patients. Please discuss with your doctor for specific instructions for your case.

**WHEN TO CALL:**

Please call the office if you experience the following:

- If wound drainage is green, brown, smells bad
- If wound is red, warm, and irritated
- Fever (temperature above 101°F)
- Fast heart rate (above 100 beats per minute)
- Sudden shortness of breath and/or chest pain
- Leg swelling and pain that is new
- Passing out or severe dizziness
- Sudden new stomach pain
- If you have any concerns or questions

**After hours and weekends, page the doctor on call (773-327-6800, option 3)**

**For emergencies, please dial 911.**

Thank you again for allowing us to participate in your care and get well soon!

Best regards,

**Chicago Institute of Advanced Surgery**

