



POST-OPERATIVE CARE

GENERAL POST-OPERATIVE INSTRUCTIONS

These general instructions apply after every surgery. You will also receive a short sheet with instructions specific to the procedure you had — please follow both together. Call the office at (410) 266-7120 with any questions.

COMFORT & SWELLING

- ◆ Apply cool compresses to the treated area for the first 48–72 hours to ease swelling and bruising.
- ◆ Keep your head elevated to about 30 degrees for the first week, including while sleeping.
- ◆ Rest and give your body time — swelling and bruising are normal and improve over weeks.

PAIN & MEDICATION

- ◆ Take your prescribed pain medication as directed. Acetaminophen (Tylenol) may be used as instructed.
- ◆ Do not take aspirin or anti-inflammatory medicines (ibuprofen, Advil, Aleve, etc.) unless approved by your surgeon.
- ◆ While taking prescription pain medication, do not drive, operate machinery, drink alcohol, or make important decisions.

ACTIVITY

- ◆ Limit lifting, bending, pushing, and straining for at least 1–2 weeks. Avoid bending over to pick things off the floor.
- ◆ Light walking is encouraged to keep blood flowing; avoid strenuous exercise until your surgeon clears you.
- ◆ Most patients return to non-strenuous work in about 7–10 days, depending on the procedure.

DIET, ALCOHOL, SMOKING & SUN

- ◆ Start with light foods and plenty of fluids, then resume your normal diet as tolerated.
- ◆ No alcohol for one week before and one week after surgery — it affects bleeding and anesthesia.
- ◆ Do not smoke or use nicotine in any form; it reduces blood flow and can seriously impair healing.
- ◆ Avoid prolonged sun and heat for about one month, then protect healing skin with sunscreen.

NUTRITION & HYDRATION FOR HEALING

Good nutrition speeds recovery. Focus on a high-protein diet with healthy fats and plenty of fruits and vegetables to give your body the building blocks it needs to heal. Stay well hydrated — adding an electrolyte supplement to your water (such as Motive Pure) is helpful. Ask us about our post-operative recovery peptides (including BPC-157 and TB-500), which we offer to further support healing and recovery.

INCISION & WOUND CARE

- ◆ Keep incisions clean and dry, and care for them exactly as directed.
- ◆ Do not remove dressings or drains unless instructed by your surgeon.
- ◆ Attend all follow-up visits so we can monitor your healing.



WHAT TO EXPECT

- ◆ Moderate discomfort, swelling, bruising, tightness, and numbness are normal and ease with time.
- ◆ Slight oozing from incisions can occur in the first days. Remember that many patients look worse before they look better.

WHEN TO CALL THE OFFICE

Call (410) 266-7120 promptly if you have a fever over 101.5°F; severe pain not relieved by medication; excessive or clearly one-sided swelling; heavy or persistent bleeding; spreading redness, warmth, or drainage that may signal infection; or severe nausea or vomiting. For chest pain, shortness of breath, or leg swelling, seek emergency care or call 911.