Post Operative Instructions

Dr. Kelvin Contreary, M.D.
General Surgery

1. You may shower today.
2. Remove your dressing in 3 days.
3. Clear liquids first. If no nausea, then a regular diet as tolerated.
4. Take medication as ordered. Do not take pain medication on an empty stomach. No driving while taking pain medication.
5. Take *3 Advil, 3 times a day, for 3 days* if incision is painful.
6. You should be ambulating with assistance around the house immediately after surgery. More walking and deep breathing exercises hasten recovery.
7. Resume prior medications unless otherwise instructed by Dr. Contreary
8. For the first 24 hours, do not sign any legal documents, or operate machinery.
9. Have a responsible adult with you and take it easy.

Call Dr. Contreary at (504) 454-6338 for the following:

1. Obvious bleeding, redness or swelling around the incision, or drainage from the wound.
2. Persistent pain not relieved by pain medication.
3. Persistent vomiting or fever over 101.5˚F.
4. Any questions, problems, or concerns.
5. To make a follow up appointment if necessary.

Additional Instructions: _____

_____

Instructions given by: _____ Date: _____

Instructions received & understood by: _____ Date: _____

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