



1920 E 32nd Street, Joplin MO 64804
Dr. Renee Walker D.O. 417-781-4613

General wound care post-op instructions

Post-op instructions

1. **FLUIDS ARE ESSENTIAL!** Drink plenty of fluids to avoid dehydration.
2. Keep incision site/wound clean and dry.
3. You can shower after 24 hours, allowing the water to run over the incision. **DO NOT** scrub! Pat incision dry. **DO NOT** take a tub bath.
4. Steri-strips should be left in place – they will fall off in 7-10 days. You may trim the edges if they start to roll up.
5. Apply ointment as directed by surgeon.
6. **DO NOT** do any heavy lifting, bending over or vigorous activity until approved by your physician.
7. There should be minimal pain experienced after surgery. If necessary due to discomfort, take Tylenol or Motrin.
8. Resume diet with clear, liquid diet, followed by a soft diet, then advance diet as tolerated.
9. You may return to full activity as directed by the physician.
10. Resume your normal medications, as directed by your physician and/or Dr. Walker.

What is abnormal?

Call our office or your primary care physician immediately if any of the following occur:

1. Bleeding from the nose or mouth.
2. Signs of dehydration – urinating less than twice daily, low energy, fever, dry mucous membranes.
3. Fever greater than 101 degrees.
4. Prolonged nausea or vomiting.
5. Increased pain, not relieved with pain medication.
6. Difficulty breathing.
7. Seizures or convulsions.
8. Metallic taste in mouth.
9. Ringing in ears.
10. Visual disturbances.

If there are continued problems after three weeks, contact our office to make a follow-up appointment.