

DAVID BARNETT, M.D.
DISCHARGE INSTRUCTIONS

Caring for Your incision:

For the first 2 weeks, it is especially important to take care of your incision as it heals.

- You will come home with a pressure dressing on your incision site that stays in place for 24 hours following surgery. You can shower the day following your surgery with your original bandage in place.
- You will keep your incision covered the first week and replace with a new bandage after each shower. There is no need for ointment, simply remove the wet bandage after each shower and dry the incision site prior to placing a new bandage.
- After the first seven days, you can leave the incision uncovered and allow to get it wet in the shower.
- You should plan to avoid submerging the incision in a bath, hot tub, or pool for a minimum of four weeks while healing.
- Please call the office immediately if you begin to have excessive drainage from the incision, or if it becomes increasingly tender, warm or red.

Day Surgery Patients: (sent home the same day as surgery)

- Your family should monitor you closely for the first 24 hours.
- Call the office immediately if you develop any new weakness, numbness, tingling, incontinence, or any other unexpected symptoms.

Activity Restrictions:

It is especially important to limit your activity and allow your body to recover and heal for the first 4-6 weeks after surgery.

- No lifting more than 5 lbs.
- No bending with your back
- Avoid lifting and reaching over your head
- No strenuous activity (running, golfing, tennis)
- No driving for the first 10 – 14 days or longer, *depending on your surgery*. Dr. Barnett or his PA will discuss your driving restrictions with you. This varies depending on the type of surgery you have done, and the need to be off narcotic agents.
- You may resume passive sexual activity 1 week after surgery.
- You may begin walking short distances initially and gradually increase.

Follow-up:

- Please call the office upon discharge to schedule your first postoperative visit
- **You will see the Office Nurse or Physician Assistant (PA) on the *first visit for an incision check. (2 weeks after surgery/12 to 14 days)***
- The doctor will see you 6 weeks following surgery unless there is a need for you to come in sooner.
- Returning to work is dependent on the type of job and surgery you have had. This can be discussed further at your first postoperative visit.