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General Post-Operative Instructions

Take all medications as prescribed. Take the pain medication and antibiotics with food. The food can be as simple as crackers or soup. Eat as tolerated.

Walk and drink juice or water the night of surgery. You should walk several times the night of your surgery and stay well hydrated.

Activity level for the first couple of days after surgery is restricted to walking and activities of daily living (adl). Examples of adls are brushing teeth, showering, and light cooking. For the first 6 weeks after surgery activity is limited to walking and increasing adls. No lifting over 10 pounds or about the weight of a gallon of milk, no strenuous or repetitive activity, and no activity which increases pain at the surgical site.

There will be no driving while taking the prescription pain medication. Driving can be resumed after your first post-operative doctor's visit, you have stopped taking prescription pain medication, and you feel that you can safely drive and perform quick turns and breaking should traffic conditions dictate.

Compressive garments should be used as directed.

Should you have any questions after your surgery call the clinic during business hours or after hours at 210-273-6890.