



COLUMBUS SURGICAL ASSOCIATES, INC.

GENERAL, LAPAROSCOPIC & ROBOTIC ASSISTED SURGERY

Stephen Glatz, M.D. • B.J. Pomerants, M.D., FACS • Jason D. Shoemaker, D.O.

Instructions for after Upper Endoscopy and/or Colonoscopy

1. Please **DO NOT** drive or operate any complex machinery for at least 12 hours.
2. You were given medication by injection ("shot") to help you relax during the procedure. For this reason, you may feel tired and drowsy for a period of time- from one to four hours. When released, you should go home and rest for 12 hours.
3. If the injection site becomes sore or painful, you may apply warm, moist compresses to the site 3 or 4 times a day.
4. Following the procedure called Colonoscopy, you may be aware of a "bloating" appearance and feeling in your abdomen. You may also experience some cramping or gas pains. The distention and discomfort should subside as you pass the air. If the discomfort persists, or you are unable to pass the air please notify your physician.
5. Only consume liquids and light meals on the day of the procedure.
6. **DO NOT** consume alcohol for 24 hours.
7. **DO NOT** take any pain medications for abdominal or shoulder pain.
8. Resume taking your own medications.
9. If a biopsy or polypectomy was done do not take any aspirin or aspirin products for 3 days.
10. Resume normal activities in 12 hours.
11. Return to school/ work tomorrow.

CALL YOUR DOCTOR FOR:

- **Temperature above 100 degrees.**
- **Persistent or heavy bleeding.**
- **Moderate or severe abdominal pain, or shoulder pain, or if you are unable to pass air.**

Your physician has recommended: _____

You may reach your physician at (614) 766-5050 if you develop any concerns.

If condition worsens and you are unable to reach the physician go to the Emergency Room. The examining doctor will notify you or your attending physician of results of the exam. These instructions have been explained to the patient and/or responsible party accompanying the patient. A copy has been given to the patient.

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Care After Your Port Removal

Port removal

You may feel some pain or tenderness/swelling at the port site for a few days up to a week after it is removed. This should go away on its own, but you may try some of these measures to help decrease the amount of discomfort that you have.

1. **Ice** – ice is best if started right after your port is removed. Apply ice (crushed ice in a plastic bag covered by a towel) to the port area for 15 to 20 minutes every hour as long as you need it. **Do not sleep with an ice pack on because it may cause frostbite.**
2. **Heat** – you can apply a warm compress (small towel dampened with hot water and placed in a plastic bag or heating pad set on low) to your port site after the first 24 to 48 hours as needed for comfort. Apply heat for 15 to 20 minutes every hour as long as you need it. **Do not sleep with heat on because it may cause a burn.**
3. **Medication** – you can take over-the-counter (Tylenol, Motrin) medication as directed on the package to relieve pain and swelling as long as it does not interfere with any other medication that you are taking.

Dressing

A small incision was made to take out your port. This was closed with dissolvable stitches. A dressing will be put over the port site before you leave today. To help your incision heal quickly, follow these instructions:

- Keep the site and dressing clean and dry at all times.
- You should change your dressing every three days for the next 10 to 14 days. To help prevent infection you should avoid touching the incision site.
- You may shower, but you must cover the dressing with a clean plastic wrap or bag and secure it with tape to prevent water from getting on the dressing.
 - Do not take a tub bath, swim or sit in a hot tub for at least two weeks until your incision has healed completely.
- After two weeks your incision should be healed and you do not have to put dressings over the site any longer.

Activity

Do not lift anything over 10 pounds for the next 10 to 14 days.

Call your doctor if you have:

- Temperature over 100.4° F
- Signs of infection such as redness, drainage or swelling around the site
- Swelling in the face, neck or affected arm
- Pain in your shoulder, neck or arms that becomes worse and does not go away
- Chest pain
- Trouble breathing

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Instructions for Gallbladder Surgery

1. After surgery it is normal to feel weak and tired for several days, rest when you feel tired. Your abdomen may be swollen and you may experience pain in your shoulder for about 24 hours. You may have gas or need to burp a lot.
2. Recovery varies for laparoscopic surgery and open gallbladder surgery. Laparoscopic surgery would typically allow you to return to work in 1 to 2 weeks. Open surgery would take longer up to 4 to 6 weeks for recovery.
3. Try to walk each day. Start walking little more than the previous day. This boosts blood flow and help prevent pneumonia and constipation.
4. You may drive when you are no longer taking pain medicine and can quickly move your foot from the gas pedal to the break. You must also be able to sit comfortable for a long period of time even if not travelling far.
5. Avoid lifting heavy objects and strenuous activity for 2 to 4 weeks.
6. Eat smaller meals more often instead of fewer larger meals. **AVOID** fatty foods for approximately 1 month such as hamburgers, whole milk, cheese, and snack foods. If you stomach is upset try bland, low-fat foods such as plain rice, broiled chicken, toast and yogurt. Drink plenty of fluids unless notified by your physician not to.
7. Diarrhea is common and may last 2 to 4 weeks following surgery. **AVOID** spicy foods, dairy products, fatty foods, and alcohol. Watch to see if specific foods cause it and avoid them. If this persist for more than 2 weeks call your physician.
8. You may notice that your bowel movements are not regular right after surgery and this is common. **AVOID** constipation and straining with bowel movements, you may need a fiber supplement daily. Ask your physician before taking a mild laxative.
9. Your doctor will tell you when you may begin taking medications such as blood thinners following surgery. Take all medications prescribed by your surgeon as directed.
10. You may remove abdominal dressing 48 hours after surgery. If there are steri-strips (paper tape strips) please do not remove them. Wash the area daily with warm soapy water and pat dry.
11. You may use ice to reduce swelling and pain for 10 to 20 minutes at a time every 1 to 2 hours. With a thin cloth between the ice and your skin.

Call your doctor if:

- **You are sick to your stomach and cannot drink fluids. Pain that does not improve with pain medication**
- **Signs of infection including swelling, warmth, redness, drainage, fever, swollen lymph nodes**
- **Signs of blood clot including pain in calf, back of knee, thigh or groin. Redness and swelling in leg or groin**
- **Difficulty passing urine or stool**
- **Bright red blood soaking through bandage over your incision**



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Instructions for Hemorrhoidectomy

1. After you have hemorrhoids removed you can expect to feel better each day. Your anal area will be painful or ache for 2 to 4 weeks. Rest when you feel tired. You may need 1 to 2 weeks off of work for recovery.
2. After 1 to 2 weeks following surgery you should be able to do most of your normal activities without a lot of effort or heaving lifting.
3. It is common to have some light bleeding and clear or yellow fluids from your anus. This is most likely when you have a bowel movement. These symptoms may last up to 1 to 2 months after surgery. Support your feet with a small step stool if needed while on the toilet. **AVOID** straining with bowel movements or sitting on the toilet for long periods of time.
4. You may take showers or baths as usual. Pat your anal area dry when you are done.
5. Follow your physician's instructions about eating after surgery. Start adding high-fiber foods to your diet 2 or 3 days after surgery. This will make bowel movements easier. You may take fiber or stool softener or mild laxative.
6. Follow specific physician orders for medications. If you take blood thinners you will need to talk with your doctor prior to taking those following the surgery.
7. Sit in a few inches of warm water (sitz bath) for 15 to 20 minutes 3 times per day after bowel movements. Then pat the area dry. Do this as long as you're having anal pain.
8. Use of baby wipes, medicated wipes, or Tucks may be required following surgery. You may also ice the area several times per day for 10 minutes at a time.
9. Call your physician to schedule follow-up visits 7 to 10 days after surgery.

Call your physician immediately if:

- **You have bleeding soaking 2 or more large pads**
- **Pain that does not get better with pain medication**
- **Signs of infections including swelling, warmth, redness or red streaks, pus draining from wound, or a fever**
- **Difficulty passing urine or stool**



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Instructions for Anal/Rectal Surgery

1. Most pain that was caused by your abscess will probably go away right after surgery. You may have mild pain in anal area from incision for several days after surgery.
2. After 1 to 2 week following surgery you should be able to do most of your normal activities without a lot of effort or heaving lifting including returning to work. May take 2 to 3 weeks for abscess to completely heal.
3. You may develop a tunnel between the old abscess and the outside of the body called a fistula your physician will monitor this between 2 and 3 weeks after surgery. Additional surgery may be required if this were to develop.
4. You may take showers or bathe as usual. Pat your anal area dry when you are done. DO NOT use hydrogen peroxide or alcohol this will slow the healing. You may cover the area with gauze bandage if rubbing on clothing.
5. Drink plenty of fluids. You may begin your normal diet unless you have an upset stomach you would want to start with bland diet and low-fat foods. Eat a low-fiber diet for a couple of days with small frequent meals.
6. Follow specific physician orders for medications. If you take blood thinners you will need to talk with your doctor prior to taking those following the surgery.
7. After bowel movements use a baby wipe or take a sitz bath to gently clean the area.
8. Use of baby wipes, medicated wipes, or Tucks may be required following surgery. You may also ice the area several times per day for 10 to 20 minutes at a time.
9. Call your physician to schedule follow up visits 7 to 10 days after surgery.

Call your physician immediately if:

- **You have bleeding soaking 2 or more large pads**
- **Pain that does not get better with pain medication**
- **Signs of infections including swelling, warmth, redness or red streaks, pus draining from wound, or a fever**
- **Difficulty passing urine or stool**
- **Loose stitches or incision opens**
- **Experiencing stool leaking from your anus or unable to control when you have bowel movement**



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Instructions for Pilonidal Cyst Excision

1. The amount of time for healing will depend on the way your surgery was done. IF the incision was closed with stitches will take about 4 weeks to heal. If it was left open it may take from a few weeks to a few months for healing. There will be a scar that will fade over time and become softer.
2. You may return to work and most activities within 2 to 4 weeks. Avoid all strenuous exercise and activities that require standing for long periods of time. Avoid sitting on hard surfaces for long periods of time.
3. Try to walk each day a little more than the previous day. The walking will increase blood flow and help prevent pneumonia and constipation.
4. Shower as usual. Pat the area dry with a towel. Avoid baths until wound is completely healed.
5. You may eat a normal diet. If you have upset stomach try bland low-fat foods first. Drink plenty of fluids. Bowel movements may be abnormal following surgery. Try to avoid constipation and straining. You may need to take a fiber supplement. After a couple days if no bowel movement ask your doctor if you may take a mild laxative.
6. Take pain medication only as directed. Ask your physician when you may begin your normal medications following surgery.
7. Wound care: If closed with stitches was area daily with warm soapy water and pat dry. DO NOT use peroxide or alcohol. Cover area with gauze bandage if rubbing against clothing or draining.
8. Wound care: If open change bandage daily as instructed by doctor. Take pain medicine half hour prior to dressing changes if having pain. You may soak dressing in warm water before removing if it sticks to incision. Greenish or gray fluid from your wound is normal as it begins to heal.

Call your doctor if you pass out or lose consciousness, trouble breathing, chest pain, increased pain, redness, warmth around incision, pus or increased drainage, bright red blood soaking dressing, fever



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Instructions for Skin Lesion or Mass Removal

1. Removal of lipoma or skin mass/lesion you may have stitches until the surgical wound heals. This may cause a scar that should fade over time. Your wound healing will depend on the size and locations. Most wound take one to three weeks to heal.
2. Soreness around the site is normal for the first few days. You may use over the counter pain medication as needed. If you have medications for pain please take them as directed.
3. If you have stitches your doctor will notify you when you need to come to the office for removal or if they may dissolve.
4. You will have a dressing over the wound. This will help to heal and protect the wound. At the time of discharge the nurse will go over specific care instructions for you.
5. You may wash the area daily with soap and water. You may shower 24 to 48 hours after the surgery. DO NOT soak the area in standing bath or pool for two to three weeks. DO NOT use peroxide or alcohol on the area it will slow the healing process.
6. Be sure to schedule follow up appointment with surgeon in 10 to 14 days.

Call your doctor if:

- **You pass out or lose consciousness**
- **You experience trouble breathing**
- **You have sudden chest pain or shortness of breath**
- **If your incision opens up or stitches become loose**
- **Increased pain, redness, warmth around incision**
- **Pus or increased drainage, bright red blood soaking dressing**
- **Fever**

Post-Operative Instructions for Hernia Repair

Pain

- You will likely have pain or soreness for the next few days. You may feel as if you have the flu and have a low grade fever feeling nauseated and tired. Rest when you feel tired.
- Take Ibuprofen 600mg (3 tablets) every 6 hours for the first 48-72 hours following surgery around the clock. You may alternate narcotic pain medication with Ibuprofen every 3 hours as needed for pain. Tylenol is also acceptable if you cannot take Ibuprofen.
- For several weeks you may feel twinges or pulling in the hernia repair site when you move this is normal. Men can experience bruising on the scrotum and penis following inguinal hernia repair and should wear a jockstrap, briefs, or spandex shorts for scrotal support for inguinal hernias (provided at discharge).
- You are encouraged to ice the area 30 minutes on-30 minutes off for the first week.

Activity

- Walking is encouraged to boost blood flow, expand lungs, prevent pneumonia and constipation.
- Avoid strenuous activities such as biking, jogging, weight lifting, or aerobic exercise until further discussed with surgeon at first post operative visit. Exercise legs often. Take deep breaths frequently.
- You may drive when you are no longer taking pain medicine and can quickly move your foot from the gas pedal to the brake.
- You may return to work 1 to 4 weeks following surgery. Restrictions and return date to be discussed at follow up visit. This is patient specific based on you and your job description.
- After 48 hours you may gently remove outer dressing. Please leave glue or small steri-strips intact. Shower or wash surgical site with soap and water. Do not soak in a bath for the first 2 weeks. You may keep the area covered or open to air. Change dressing as needed if covered keep the dressing dry.
- You may resume sexual activity upon receiving clearance from your physician which will be discussed at your post operative visit.

Diet

- You should begin a bland diet day of surgery, advance as tolerated. Be sure to drink plenty of fluids.

- Avoid constipation/straining with bowel movements. Take Colace or other stool softeners (over the counter) two times per day. It is very important to avoid constipation. If you get no relief with Colace you may use Miralax or Milk of Magnesia.
- Your doctor will tell you when you may restart your medications in regards to blood thinners.

Call your doctor if

- You are sick to your stomach and unable to keep fluids down
- Signs of blood clot including pain in your calf, back of knee, thigh or groin. Redness and swelling in leg or groin
- Difficulty passing urine or stool with mild pain or swelling in lower abdomen
- Bright red blood soaking through bandage over your incision