Lifting: Do not lift more than 10 to 15 pounds for four weeks after surgery. Lifting more than this can cause problems with your wounds and may cause a hernia.

Bathing: You can shower, but do not take baths, swim, or sit in hot tubs until your wounds are fully healed. This takes about two weeks. Let soap and water run over the incisions and gently pat them dry.

Driving: You can drive unless you are taking pain medicines. They can cause you to feel drowsy and slow your reaction time, making driving dangerous.

Tips for Common Problems and Side Effects

Pain
• Talk with your doctor about taking over-the-counter medicines such as Motrin, ibuprofen, or Tylenol. Take as directed between your prescribed pain medicines.
• Do not take more than 3,000 mg of acetaminophen (Tylenol) in a day. Some of your prescribed pain medicines may have Tylenol in them. If you take over-the-counter Tylenol as well, ask your pharmacist how many pills you can take so you do not take more than 3,000 mg in a day.
• Call your surgeon’s clinic if your pain is not controlled by your medicines.

Constipation
• Take stool softeners as directed.
• Drink plenty of fluids, especially water.
• Do more activities such as walking.
• Use fiber supplements such as Metamucil or Citrucel.

Diarrhea
• Take over-the-counter medicine such as Imodium or Lomotil. Use as directed on the packaging. If you continue to have diarrhea after 24 hours, call your doctor.
• Add more fiber to your diet. Fiber absorbs the extra water and adds bulk to the stool. You may use fiber pills such as Fibercon and FiberChoice.
• Drink lots of fluids, especially drinks with electrolytes such as Gatorade.

Loss of Appetite/Nausea
• Take medicine to control nausea as directed.
• Eat when you feel like eating.
• Try eating small amounts at a time.

If you have questions, call your surgeon’s clinic to speak to a nurse.