

# Breckenridge Surgery Center

## Post-Operative Instructions

### Activities

- Slight fever during the first 48 hours is a natural reaction your body has and is **normal** after surgery. The Tylenol in your pain medication will help control a fever. If your temperature is over 101, it is **most likely** because you are not walking or deep breathing enough. If your fever stays higher than 101 for more than 8 hours and does not respond to walking, deep breathing, or coughing, call your doctor's office at
  - a. 972-470-5000 (Richardson)
  - b. 972-470-1000 (Rockwall)
- Your doctor put a local anesthetic in your surgery site. Numbness and tingling is a **normal** reaction to the local anesthetic wearing off, and may last up to 2-3 days.
- You can begin showering **24 hours** after surgery. Do **not** immerse your incisions in a bathtub, pool, hot tub, or lake for **at least 3 weeks**.
- No strenuous exercise, heavy lifting, pushing, or pulling until you have seen your doctor at your first follow up appointment.
- Low impact cardio can be resumed after 72 hours or as instructed by your doctor.
- **No** driving within the first 24 hours of your surgery, and **do not** drive within 6 hours of taking prescription pain medication.
- You may resume normal activities, such as light chores or shopping, as tolerated. Usually this is within 2-3 days.
- Work may be resumed in 1-3 days depending on how you feel and your job requirements.
- You may resume sexual activity when comfortable to do so. This is typically 1-2+ weeks after surgery but entirely up to the individual person.

### Call the office immediately or go to the ER for any of the following:

- Your condition worsens, or you have a sudden onset of the following symptoms, as these can be signs of a more serious problem:
  - Pain that is not controlled with medication
  - Fever (Greater than 101 for over 8 hours)
  - Nausea and/or vomiting
  - Bleeding (different from the blood-tinged drainage)
  - Inability to urinate
  - Dizziness or shortness of breath
  - Rash
  - Rapid heartbeat or rapid breathing

Your Doctor's office can be reached 24 hours a day at

**972-470-5000** (Richardson Location)

**972-470-1000** (Rockwall Location)

If the doctor's office phone is not being answered, please call the Surgery Center at

**972-470-5859.**

The Surgery Center is available Monday-Friday, 7am-3pm