

Paragon Surgical Specialists

Operative Teaching Guide

Pre-operative

1. Nothing to eat or drink after midnight the night before surgery. You may be instructed by anesthesia personnel to take some of your routine medications with a sip of water the morning of surgery.
2. Lab work, x-rays, and/or EKG will be done according to your age/health by anesthesia personnel.
3. At your pre-op interview, you will be instructed on the time and place to arrive on the day of your surgery. You may be given a phone number to call the day before your surgery to confirm the time and place to arrive for surgery.

Post-operative

1. After surgery you should turn, cough, and deep breath at least every two hours.
2. Hourly, move your legs up and down while in bed and wiggle toes to decrease the chance of blood clots forming.
3. Depending on the type of surgery, you should walk as soon as the evening following a morning surgery.
4. Report temperature of 101 orally or greater.
5. Report any redness, swelling, drainage or increased pain in incision(s).
6. A clear occlusive dressing with a small piece of gauze will be placed over your incision(s) and should be left in place for seven days. You should remove this outer dressing at the end of that seven day period.
7. If constipation develops, you may take a mild over the counter laxative, such as Milk of Magnesia, Correctol, or Docolax pills or suppository.
8. An appointment will be made for you to see the doctor for 1-2 weeks following your surgery. If an appointment is not made for you prior to surgery or upon discharge, please call our office to schedule.
9. Call 704-786-1108 Monday – Friday 9:00 AM – 5:00 PM or 704-789-2114 after 5:00 PM and on weekends for any problems or questions.