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Recovery/Post-operative Instructions

Port Placement or Removal

If you smoke or vape, consider quitting to support wound healing and recovery.

DIET & BOWEL CARE

Resume bland, non-greasy, non-spicy foods in small portions the day of surgery. Drink plenty of fluids (water, juice, broth, sports drinks). To prevent constipation, start Colace (Docusate Sodium) 100mg twice daily the day before surgery; stop after your first bowel movement. **TAKE WITH 12 OZ COLD WATER** If no bowel movement in 2–3 days, use a Fleet Enema. **NO STIMULANT LAXATIVES**

MEDICATIONS

Pain: You may be prescribed narcotics (e.g., Percocet, Oxycodone, Ultram, Vicodin, Tylenol with Codeine) and anti-nausea medication.

- *Do not drive or drink alcohol while taking narcotics.*
- Take with food to reduce nausea. Benadryl may help with itching (if no rash).

Regular Meds: Resume your usual medications the evening of surgery or next morning unless told otherwise. Complete all antibiotics if prescribed.

WOUND CARE

Keep dressing clean/dry for 48 hrs (no showering). After 48 hrs, remove gauze and shower gently with soap and water—no dressing needed.

- No tub or pool for 2 weeks
- **Steri-strips:** Leave until they fall off
- **Skin glue:** Do not scrub—wears off in ~1 week
- Bruising, numbness, tenderness, and twinges are normal and should improve over weeks to months
- **Ice:** Apply to incision (10 min on/off while awake) for first 48 hrs

EMOTIONAL SUPPORT

It's normal to feel sad, anxious, irritable, or emotional following surgery. Seek support if these feelings persist or feel unmanageable.

SLEEPING

You may be more comfortable in an upright or reclined position. Use pillows or a recliner for support.

ACTIVITY

Walk around several times a day to reduce the risk of complications. Gradually increase activity as tolerated.

- **No lifting/pushing/pulling >5 lbs**, no aerobic exercise or sexual activity until cleared
- Return to work/school when ready, with restrictions
- **No driving for at least 1 week post-op or while taking narcotics**

CALL 561.333.1335 IF YOU HAVE: (After hours/weekends: on-call doctor available)

- Fever >101.5°F
- Chest pain or trouble breathing
- Redness >¼", drainage, bleeding, or pus at wound/IV sites
Worsening incision pain
- Any other concerns about your recovery

FOLLOW-UP VISIT Your Oncologist will follow up as scheduled. If no appointment is set, call their office. For surgical concerns, contact our office at 561.333.1335.