



POST-OP ORDERS

CONGRATULATIONS! Your day surgical procedure is complete. Please use this instruction sheet to help your child's recovery proceed smoothly.

Wound Care:

- Dr. Geissler closes his incision with fine absorbable sutures placed underneath the skin. These sutures are not visible and will dissolve by themselves and will not require removal. The wound is then covered by Steri-strips, then a sterile dressing consisting of Telfa (non-adherent gauze) and Tegaderm (a waterproof clear outer dressing).
- Leave the dressing in place as clean and dry as possible for the first 5 days. On post op day 5, peel off the outer Telfa and Tegaderm dressing, leaving the steri-strips in place. The steri-strips will adhere to the wound to provide ongoing support and coverage - leave strips in place. The strips will gradually loosen and fall off in 5-7 days. Patients may take brief showers for the first 5 days after surgery then can resume normal baths and showers on day 5.

Pain Medication:

- Most operations that do not involve division or reconstruction of muscle layers have rapid recoveries and require only Children's Motrin/Advil (Ibuprofen) and/or Tylenol for postoperative pain control. Ibuprofen should be given every 6 hours as needed and Tylenol can be given every 4 hours for supplemental pain control in between the doses of Motrin or Advil as needed. Follow the package directions for proper dosing based on your child's age and weight. Alternate your Ibuprofen and Tylenol doses, and over the next 12-24 hours, pain should subside and be quite manageable. Dr. Geissler usually injects a local anesthetic into the wound, which gives at least 4-6 hours of pain control. It is advisable to give the first dose of Motrin upon arrival at home before the local anesthetic wears off, so it has a chance to work. If you are having an on-going problem with pain, please call the office for further assistance.

Activity:

- Allow light routine activity as tolerated. Avoid direct contact sports, gym class, heavy exertion, or direct blows to the wound. Avoid swimming pools and prolonged water exposure for the first week. Dr. Geissler will lift activity instruction between 10-14 days after most surgeries at the time of the post-operative visit when the wound is checked and found to be well healed.

Follow-Up Visit

- Please call Dr. Geissler's office to schedule a follow-up visit for a routine wound check between 10-14 days post-operatively.