



MINIMALLY INVASIVE INSTITUTE OF SURGERY

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*General Surgery
Advanced Laparoscopic Surgery*

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*General Surgery
Advanced Laparoscopic & Robotic Surgery*

Jinny L. Gunn, MD

*General Surgery
Breast Surgery*

What Should I Expect After Surgery?

- You may shower 24 hours after surgery.
- No baths, swimming, hot tubs or soaking of any kind for 2 weeks.
- You will likely have surgical site pain for 3-5 days.
- You will be given a prescription for pain medicine after surgery.
- Your incision will have a liquid protective coating that will dissolve in 2 weeks.
- **Do Not** lift anything heavier than 40 pounds for 6 weeks after surgery (Post op instructions may be different PER Surgeon).
- **Do Not** drive if you are taking pain medication.
- You may feel better if you eat smaller, more frequent meals. Unless provided, there is no special diet after surgery.
- You may walk and go up and down stairs.
- Call the office if temperature >101, drainage from the incision, or any other problems. The phone is answered 24 hours a day.
- **For Hernia Repair Surgeries:**
 - **Inguinal Hernia** – Groin swelling & bruising will occur. Call or report to the hospital emergency room if you are not able to urinate 8 hours after surgery.
 - **Abdominal Hernia**- If you go home with an abdominal binder on, wear it the next for 2 weeks if you are able to tolerate. We also recommend wearing a t-shirt under it to help with comfort.
- **Breast Surgeries**- Please purchase a sports bra that snaps/hooks in the front to wear going home after your surgery. Bring this with you to the hospital the day of your surgery. You will wear this going home and continue to wear this day and night for the first 2 weeks after your surgery, then you may use a regular bra.

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