



Edina: 3300 Edinborough Way Suite 470
Minnetonka: 15450 Highway 7 Suite 225
612-424-2767
www.echelonspecialists.com
info@echelonspecialists.com

Aftercare Instructions Treatment of Fluid Collection

- While resting, keep your head and shoulders elevated on at least 2 pillows for the first 24 hours.
- You will have a compression garment after surgery. Keep this in place for 24 hours and then remove to shower. After showering, put the compression garment back on and wear continuously for at least two weeks after surgery.
- Drains may need to be placed in order to remove the fluid and then we expect to remove the drains at least seven days after the surgery. You may shower with the drains in place.
- It is important to get out of bed early and often after your surgery to prevent postoperative problems. Please take deep breaths frequently to keep your lungs clear (15-20 per hour).
- If your procedure was performed under general anesthesia, a light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups or jello. You may start a regular diet the next day.
- If you have pain or discomfort, take over the counter pain medication such as Tylenol as directed.
- Take your antibiotics as directed for one week after surgery.
- You will have surgical adhesive tapes in place over your incision after surgery. This will protect the incision for up to 3 weeks. You can shower with the tapes in place.

POST OP

Do not lift anything heavier than 20 lbs for 3 weeks

It is good to be up and about to stretch your legs, but keep your heart rate under 100 beats per minute for 3 weeks. Do not run, lift weights, play tennis, or golf for 3-4 weeks after surgery. Do not immerse yourself in water. Showers are fine. Pools, hot tubs, baths, etc., are not advised until after your incision(s) has healed.

Please note

If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please contact our office. 612-424-2767 scheduling@echelonspecialists.com

If you develop a fever (oral temperature greater than 100°), redness, and/or increased pain at the surgical incision site, please text Dr Camp immediately.

If you notice extremely dark, thick blood in your drain tubes or drain bulbs that resembles dark jelly and feel that you may have excess swelling of the abdomen, please call the clinic to come in for the next available appointment in clinic. You may need Dr Camp to “strip” your drain so that it is working properly to remove fluid.

It is important to be seen by Dr. Camp at your initial post-op checks. We will schedule your first post-op appointments for you. After that you may schedule followups as advised.

IF YOU HAVE ANY URGENT QUESTIONS, SUCH AS A CONCERN ABOUT INFECTION or FLUID COLLECTION, PLEASE TEXT DR. CAMP 612-208-4179.

If you have general questions about recovery or post-op appointments, please call or text our office at 612-424-2767 or scheduling@echelonspecialists.com.