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## GENERAL SURGICAL PROCEDURE

MR CICHOWITZ

It is recommended that you observe the following instructions:

1. Activity Restrictions – exercise should be increased as tolerated, unless advised otherwise. Avoid heavy lifting (>10kg) or straining for at least a month.
2. Depending on the type of operation, you may have a light waterproof dressing in place. This should remain intact for at least 5 days.
3. You may experience some pain – if no pain relief medication has been prescribed, you may take Panadol or Panadeine and Nurofen which are available over the counter from any chemist. While taking medication for pain, it is important to drink at least 2 litres of fluids as some medications can cause constipation. If this becomes a problem, you may require aperients, which can be obtained from any chemist without a prescription.
4. Please report any of the following to your Surgeon
  - ◆ Temperature above 38°
  - ◆ Excessive pain
  - ◆ Redness near your suture line
5. A review appointment will be arranged for you to see your Surgeon.
6. Continue to wear your TED stockings (if supplied) until you are fully mobile.
7. Special instructions from your Surgeon.

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Should you have any other concerns, contact Mr Cichowitz on 5721 4366, or ring Wangaratta Private Hospital on 5723 0950