

Port Insertion

Foris Surgical Group, LLP

GENERAL

CONSIDERATIONS:

Expect some swelling and bruising at the surgical area. This will resolve with time.

You may apply an ice pack over the bandage, 30 minutes on then 30 minutes off, for comfort and to reduce swelling.

You should be feeling a little better each day.

DIET:

Diet as desired unless otherwise instructed.

ACTIVITIES:

No lifting over 20 pounds for two weeks. No sports for one month.

WOUND CARE:

Remove bandage two days after surgery and then you may shower.

It is normal to see swelling and some bruising at the incision.

There may be tape strips across the incision. You may shower over them and pat dry. You may remove them after two weeks or allow them to fall off.

There may be sutures at the incision which will need to be removed in our office. Follow the instructions given to you by your surgeon after surgery.

MEDICATIONS;

Take the narcotic pain medication as directed.

You may resume your usual medications.

CALL OUR OFFICE IF:

You develop spreading redness around the incision.

You develop increasing pain and/or swelling.

You develop a fever

FOLLOW UP:

Follow up as instructed by your surgeon.

Finally, if you have any questions or concerns regarding your surgery or recuperation please DO NOT HESITATE to call our office --we are here to help in any way we can.

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