

Postoperative Medication & Recovery Instructions

You may be prescribed medications following your surgery. Please take all medications exactly as directed.

Allow 48–72 hours for any medication refill requests.

If you have questions about how to take your medications, please contact our office at 907-479-2663.

We strongly recommend that a family member or friend assist you with administering your medications during the first 48 hours of recovery to help ensure they are taken correctly and safely.

Managing Nausea: If you experience nausea, you may try the **B.R.A.T.** diet:

B – Bananas

R – Rice

A – Applesauce

T – Toast (dry, no butter)

Smoking & Healing:

If you smoke, please be aware that smoking significantly increases the risk of surgical wound infection and delays healing.

We strongly urge you to:

Restrict or stop smoking at least two (2) weeks prior to surgery

Continue to avoid smoking for four (4) weeks after surgery

When to Call Our Office: Please contact our office immediately if you experience:

Chills or fever

Drainage from your surgical site

Calf pain or chest pain

Persistent numbness or tingling lasting more than 2–3 days

Any concerns regarding your surgery or recovery

If it is after normal business hours and you believe your symptoms are life-threatening, please proceed to the nearest hospital emergency room.

Office Hours

Monday – Thursday: 8:00 AM – 5:00 PM

Friday: 8:00 AM – 4:30 PM