

Pediatric general surgery post-operative instructions

ACTIVITY GUIDELINES

- No swimming for two weeks. This includes the pool, ocean or other water activities.
- Your child may shower two days after the operation.

DIET

- Resume a normal diet; however, a simple or bland diet is preferred for the first two or three days after surgery due to possible nausea caused post-operatively from general anesthesia.
- Avoid spicy foods for a few days after surgery.
- Ensure your child is drinking plenty of liquids, including water and electrolytes (such as Pedialyte or Gatorade).

MEDICATIONS

- Continue Tylenol (acetaminophen) and Motrin (ibuprofen) as needed for pain control. Reference attached handout regarding medication schedule.
- If you have been sent home with antibiotics, it is important that your child finishes the entire prescription.
- If your child experiences symptoms related to the antibiotics, including nausea, vomiting, rashes or other adverse symptoms, please call your primary care physician or go to the emergency room.

WOUND PRECAUTIONS

- Glue and/or Steri-Strips will fall off in approximately 10 days.
- If glue and/or Steri-Strips fail to fall off, you can gently apply mild soap and warm water to the area to remove them.
- If the area surrounding the incision has increased redness, drainage or your child experiences increased pain, this may be an indication of infection. Please call the office or take your child to the emergency room.

FOLLOW-UP APPOINTMENT

- Please schedule a follow-up appointment at our outpatient office by calling 713-796-1600.
- Follow-up appointment scheduled for _____.
- Contact our office for any additional questions or concerns.

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