



POST-OP BAHA INSTRUCTIONS

FLUIDS: It is very important to remember to stay hydrated after any surgery.

DIET: There are no diet restrictions after the surgery. You may eat anything you can tolerate.

ACTIVITY RESTRICTIONS AND RETURNING TO SCHOOL/WORK: If you need time off work, an excuse will be provided upon request. You should limit straining, lifting, and bending over for the first week as this will increase the risk of bleeding. If you are doing well enough to take Ibuprofen or acetaminophen then you may go back to school/work.

DRESSINGS: There is a plastic cap that attaches to the top of the post with a type of gauze wrapped around the post underneath the cap. If this is coming unwound, tuck it back in around the post and under the cap. If this gauze gets wet you need to come to the office for the doctor to replace it.

SHOWER/BATHING: You may shower after surgery but need to wear a shower cap to keep the area dry. After your first follow-up you will be able to shower and get the area wet, just don't soak or submerge the wound. Wash it gently with warm water and mild soap. After the shower, pat the wound dry very carefully with a clean towel, but do not rub the wound. When dry apply ointment to the wound and around the titanium post, under the cap.

MEDICATIONS: The typical medications given after surgery are -

- **Pain medicine** – Typically you will be prescribed Lortab (hydrocodone/acetaminophen) or Percocet tablets (oxycodone/acetaminophen). You should not drive or go to work while using Lortab or Percocet. If the pain is mild, you may use over the counter medications such as ibuprofen (Advil) or acetaminophen (Tylenol) and you may return to work.
- **Antibiotic:** You may be given a prescription for an antibiotic to prevent an infection while you are healing, but this is not always necessary.
- **Ointment:** Apply ointment to the incision 2-3 times per day after your dressing has been removed by your doctor.

FOLLOW-UP: Each patient who undergoes surgery should be seen in our office for a follow-up within seven days of surgery. You will be scheduled for further appointments as needed. This appointment should be scheduled at the time you scheduled your surgery; however, if this was overlooked, please call the office to schedule this visit.

NUMBNESS: It is likely that an area around the wound will be numb or have a change in sensation; this is normal and unavoidable. It is rarely permanent and may improve in as little as a few weeks to a few months.

THINGS TO WATCH FOR: If you have temperature above 101 degrees, excessive bleeding, increased pain, increased redness or swelling, or loosening of the post, please call the office.

QUESTIONS OR PROBLEMS: Should you have any concerns, questions, or problems during your post-operative recovery period, please do not hesitate to contact the office at [208-656-9646](tel:208-656-9646) during business hours, or [208-419-3254](tel:208-419-3254) after hours. If unable to reach our nurse on call, please go to Madison Memorial Hospital ER and they will page your doctor.

SINCERELY – DR.'S MCMASTER AND PETERSON