

POST OPERATIVE INSTRUCTIONS
DELORMES PROCEDURE



PAIN	Take regular Panadol every 4-6hours for 2 days. You will be prescribed stronger pain relief to be taken when required. Avoid anti-inflammatory medication for 2 days after surgery.
WOUNDS	You may bleed off and on for 6 weeks. Don't be concerned this is normal and will reduce once internal wounds healed.
SUTURES	All internal sutures are dissolvable.
DIET	You may eat a regular diet after surgery. Try to eat plenty of fresh fruit and vegetables to avoid constipation.
BOWELS	You will be required to use a stool softer to avoid constipation and discomfort. Movicol is a gentle softener to use (available at chemist no script required). Reduce Movicol if motions are too loose.
ACTIVITY	You may return to normal activity when comfortable.
DRIVING	1 week after surgery you can return to driving except if you are still taking strong pain relief.

Any concerns please call our rooms on **8164 6760**