

# After surgery instructions – adults

If you were given handouts related to your surgery, please review the information on caring for yourself after surgery.

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- You were last given pain medication at \_\_\_\_\_ Take your next pain medication as prescribed by your surgeon.
- Pain medication can often cause constipation. You may want to talk with your pharmacist about a stool softener.

#### **Incision**

- ✓ Keep your incision clean and dry.
- ✓ Do not soak in a tub or hot tub, or swim until your incision is fully healed or when your surgeon advises.

## **Dressing**

Remove your dressing	hours/days after surgery. After you shower,
	nall white tapes (steri-strips) on your incision their own. If they have not fallen off, remove
Leave your dressing on until your	follow-up visit with the surgeon.

☐ Your stitches/staples are to be removed by your surgeon or family doctor.

## ☐ Your stitches will dissolve on their own.

### **Activities**

- ✓ If you had surgery on your arm, hand, leg or foot keep it up or elevated as much as possible to reduce swelling.
- ✓ Slowly return to your normal activities.
- ✓ Talk with your surgeon before you travel, start exercising and when you can return to work or school.
- ✓ You must not drive, operate machinery, make major decisions or drink alcohol for 24 hours after surgery.

∐ Surgeon	☐ Family doctor	Clinic		
Call tomorrow to make an appointment. Your appointment should be in weeks.				
Special inst	ructions			
When do I n	eed to get medical h	elp?		
Pain • Increasir	ng pain not relieved by me	edication		
Fever • Tempera	iture of 38°C (100°F) or h	igher (unless instructed otherwise)		
	d swelling or redness aro d bleeding or drainage	und your incision		
Dehydratio  Not pass	<b>n</b> ing urine (pee) in 8 hours	am / pm		
Your blace	dder feels full, cannot pas			
<ul><li>If you co</li></ul>	ntinue to vomit			
<ul><li>If you are</li></ul>	e unable to drink			