

After surgery instructions – adults

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

Pain

- 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, pat the incision dry. If you have small white tapes (steri-strips) on your incision leave them on. Let them fall off on their own. If they have not fallen off, remove them in 7 to 10 days.
- 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.

