

After Surgery Care Reference

General Restrictions

Rest as needed!

- It is common to be tired after surgery
- ✓ You may notice a return of symptoms when you are tired



Move your body

Walking is one of the best things you can do to promote health and healing.

- Get up and move at least every hour
- Start by walking short distances
- Increase your amount of walking as tolerated

Prescription Medications

You may be sent home with prescriptions for pain medication and/or muscle relaxants:

- Our providers prescribe for a LIMITED time after surgery
- Your prescriptions will be tapered down and off
- Please give us 72 BUSINESS HOURS for refill processing



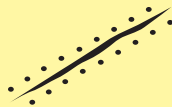
Shower Daily

Keep your incision clean!

- NO baths, swimming pools, hot tubs or bodies of water
- Do NOT scrub your incision
- Do NOT apply lotions, powders, creams or ointments to your incision
- Use a gentle, unscented shampoo

Check your incision site daily

- Once dressing is removed, you can shower normally
- You may notice a small amount of clear or yellowish drainage from your incision
- You do not need to keep your incision covered unless there is drainage or if otherwise instructed



CALL THE CLINIC

- Fever over 101°
- Incision changes:
 - Increased redness
 - Increased swelling
 - Increased drainage
 - Increased pain

Call 911

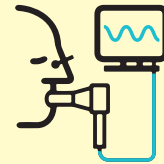
- Chest pain
- Difficulty breathing
- Stroke like symptoms:
 - Facial droop
 - Arm/leg weakness or numbness – other than what you were experiencing prior to surgery
 - Slurred speech or difficulty swallowing



Use your incentive spirometer

Continue to use the incentive spirometer 10 times every hour while awake for at least 2 weeks

- A good tip is to complete during the commercials while watching TV



DON'T Drive

- While taking narcotics or medications that make you drowsy
- If you have leg or arm weakness or numbness
- If you can't check your blind spots
- If you are dizzy or tired

Eat a healthy diet

- Eat a BALANCED diet that include all of the food groups – protein, vegetables, whole grains, fruits and healthy fats
- Eat plenty of protein – protein is our body's building block for healing.
- Eat meals and snacks and don't skip them!



Avoid constipation

This is one of the most common side effects of narcotic medications

- Increase fiber
- Increase fluid
- Walk



It is also important because constipation can increase the internal pressure on your brain.

If you do get constipated, try one of these:

- Metamucil (fiber supplement)
- Docusate (stool softener)
- Senna (laxative)
- Miralax (laxative)
- Milk of Magnesia (laxative)
- Dulcolax, pills or suppository (laxative)

If you are still constipated after trying the above medications, try one of these:

- Fleets enema rectally, up to once a day
- Magnesium Citrate, one time only
- Call your surgeon's office for additional support

STOP smoking!

Nicotine delays your healing!

GET HELP:

Washington State Tobacco Quit Line
1-800-QUIT-NOW



Smoking cessation resources at Swedish Seattle and Issaquah:
<https://www.swedish.org/classes-and-resources/smoking-cessation>