



Information for You from Your Health Care Team

Instructions for Home

1. If you have an incision/wound:

Check for signs of infection each day. The signs of infection are:

- increased redness,
- swelling,
- increase in pain or change in pain
- new drainage or increased drainage
- temperature above 101 degrees
- slightly elevated temperature (100.2° °) that continues

Call your doctor if you have any one of these signs of infection.

Wash your incision gently each day with plain soap and a clean washcloth.

Pat dry your incision.

If you have steri-strips let them dry up and fall off on their own.

If you have staples, be sure you have an appointment for removal.

2. Your appetite will gradually return to normal. If you feel you do not have an appetite, try cold foods at first. Then add warm foods.
3. Continue walking short distances at first and gradually increase until you reach your normal activity level.
4. Do not lift more than 5-10 pounds until after you visit the doctor.
5. Constipation (trouble having a bowel movement) may be a problem as you are less active and taking pain medicine.
6. Call Dr _____ at _____ if you have any difficulties.
7. Additional instructions: