

DISCHARGE INSTRUCTIONS

(revised as of June 2015)

FOLLOW-UP:

1. Please follow up with Dr. _____ in approximately ___ to ___ weeks, or as previously arranged.

Staff surgeon's office contact information: _____

DIET:

1. You may resume your normal diet unless otherwise instructed.

EXERCISE:

1. Avoid heavy lifting for the next 4 weeks. Light aerobic exercise (walking, jogging) is encouraged within the limits of your pain tolerance. Gradually resume normal physical activities as tolerated.

INCISION CARE:

1. You may shower 48 hours after surgery. Cleanse incision with mild soap and water and let the water flow over the incision. Thoroughly pat dry. Avoid soaking incision for the next 2 to weeks.
2. You may see a small amount of clear, light red, or straw coloured fluid staining your dressing or clothes from your incisions, which is normal. However, please call your surgeon's office or go to the Emergency Department if you develop the following: staining is severe, thick, foul smelling or cloudy drainage, new spreading redness or worsening discomfort near the incision. These are signs of wound infection.
3. If Steri-strip tapes were placed on your incision will flake and fall off on their own. If not, you may remove them 7 to 10 days after surgery.

MEDICATIONS:

1. Please resume your home medications unless otherwise instructed.
2. Do not drive while you are taking any prescription pain killers.

ADDITIONAL CAUTIONS:

1. Please call the office or return to the Emergency Department if you develop the following symptoms: fevers, persistent nausea or vomiting, difficulty breathing, severe chest pain or worsening abdominal pain not relieved by pain medication, persistent diarrhea, or any other medical symptoms you are concerned with.