



Houma Outpatient Surgery Center, AAAHC ACCREDITED

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Houma Outpatient Surgery.com

GENERAL POST-OP INSTRUCTIONS

PT LABEL HERE

Check Appropriate Level:

Bathing:

- Keep the operative site clean and dry for _____
- Sponge bath only.
- You may shower _____

Dressing:

- Do not remove the bandage or garment
- Change your bandage _____
- Reinforce your bandage _____
- Remove your bandage _____
- If there are skin tapes over your incision, leave them in place, they will start to slough off in 5-7 days.
- Stitch will be removed in Doctor's office _____

Activity Level: If you received sedation or anesthetics

- Do not drive for 24 hours
- Do not sign any legal documents for 24 hours
- Do not operate hazardous machinery for 24 hours
- Take it easy and relax for the rest of the day
- Be sure someone is there to help you until you have regained full strength in the First 24 hours post op.

Diets:

- May resume normal diet.
- Clear liquids for the first 4-6 hours. If no nausea, progress to soft diet, then regular diet as tolerated

Medications:

- Take pain medication, antibiotics, or other prescriptions as ordered.
- Avoid alcoholic beverages with pain medication.
- Do not take pain medications on an empty stomach
- Resume any prior medication at home unless otherwise instructed by the doctor.

Call Dr. _____ **at** _____

- For any obvious bleeding (some dried blood over the incision is normal)
- Redness or swelling around the incision.
- Fever 101°F.
- Drainage (pus) from the wound.
- Persistent pain not relieved by the pain medication.
- Persistent vomiting not relieved by nausea medication.
- For follow up appointment

Additional Instructions: _____

Instructions given by: _____ **Received by:** _____

Wash your Hands Properly and Often

Most of us don't pay attention to how we wash our hands. We usually miss spots and take shortcuts. We can do better!

When to wash your hands

- Before and after you eat
- Before, during and after you prepare food
- After you use the bathroom or change diapers
- After you blow your nose, sneeze or cough
- Before and after taking care of someone who is sick
- After touching animals, their toys, leashes, or waste (poop)
- After touching something that could be dirty (garbage can, dirty rags, etc.)
- Before and after you clean a wound, give medicine or insert contact lenses

Handwashing tips



If you aren't near a sink, wash your hands with an alcohol-based hand sanitizer

- Put a blob of cleaner in your palm. Use about a half a teaspoon (3 ml).
- Rub your hands together as the cleaner dries. Rub all over: between your fingers, the backs of your hands, under your fingernails.
- Keep rubbing your hands until they are dry.

If you can see dirt on your hands, hand sanitizer won't work. You'll need to wash your hands at the sink, with soap.