

## **Post Surgical Aftercare Instructions**

\*The patient should be provided with these instructions before anesthesia induction. Before discharge, a review is appropriate and highly advisable with the accompanying adult present.

Patient: \_\_\_\_\_  
Physicians: \_\_\_\_\_  
Nurse: \_\_\_\_\_  
Date: \_\_\_\_\_ Time: \_\_\_\_\_

**General Information:** Even minor surgery can cause swelling and injury to the tissue. Once you are at home, you may experience pain. This pain can affect the way you act and feel. Everyone responds to pain differently. It is important to keep your pain level low so that you are comfortable. This will help you to heal more quickly. Your pain level is too high if you cannot walk, talk or breathe normally. Many children cannot tell you if they are in pain. Parents can monitor the pain level in their children by watching how they play, sleep and talk, and by observing the look on their face.

### **Instructions:**

1. Be sure to take your pain medication as directed to stay comfortable and heal more quickly.
2. Do not drink alcohol or drive while you are taking narcotic pain medication.
3. Ask your doctor before taking other medications.
4. Constipation is a common side effect with many narcotic pain medications, so increase the fluids and fiber in your diet. A fiber diet includes wheat bread, graham crackers, cheese, brown rice, raw fruit, pumpkin, vegetables, and soups.
5. You may be told to elevate an incision if it is on your arm or leg. This will help to reduce the pain, swelling and blood to the wound.
6. Get plenty of rest to give your body time to repair.
7. Try to get up and around and do as much of your own personal care as possible.
8. If the incision is on your chest or abdomen, hold a pillow firmly over your incision while coughing and deep breathing to reduce the pain. This splinting will allow you to take deeper breaths, cough deeper, and help prevent lung infections.
9. You may try to reduce pain with heat (warm wash cloth or heating pad set on low) or cold packs (place a washcloth between the skin and cold pack), if directed by your doctor.

**CALL (000) 000-0000 if you experience any one or more of the following:**

1. You have pain an hour after taking your pain medication (it may not be strong enough)
2. You feel too sleepy or groggy (your pain medication may be too strong)
3. You have side effects such as nausea, vomiting or a rash.
4. You have increased redness, swelling, bleeding, or pus-like drainage coming from the wound.
5. You have tingling, numbness, swelling, or bluish fingers or toes.
6. Your incision opens up.
7. You have significant pain or discomfort after routine activity.
8. You have a temperature over 100 degrees F (37.8 degrees C)

### **FOLLOW UP INSTRUCTIONS:**

Make an appointment with \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

I have received and understand these instructions:

Patient Signature: \_\_\_\_\_ Nurse Signature: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_