

2014

After My Operation Hants Community Hospital

After My Operation

Hants Community Hospital

This pamphlet will answer some of your questions about your care at home.

What did I have done?

The name of your operation is:

How will I feel?

Most people feel tired and have some soreness or pain from their operation. Some people may feel sick to their stomach and have stiff or sore muscles.

What can I do?

- Rest quietly today.
- Tomorrow, be up and about unless told otherwise by your surgeon.
- Do not drive a car or operate machinery for 24 hours.
- Do not sign any legal documents or important papers for 24 hours.
- **Do not drink alcohol.**
- You should not be responsible for small children or be a main caregiver.

When can I eat?

Follow the instructions given to you by the nurse or surgeon.

- When you are able, it is best to start with clear juices, pop, tea, clear soups, crackers, or toast. Starting tomorrow, you may eat normally.
- **Do not drink alcohol for 24 hours.**

What will I do if I have pain?

- If you did not get a prescription filled before your operation, have it filled at a drug store on your way home.
- If you are having pain, start taking your pain pills as soon as you can.
- Be sure to read the label on the bottle and take the pills according to the directions.
- **Never drink alcohol while you are taking pain pills.**
- If you had an operation on an arm/hand or leg/foot, place it up on pillows above the level of your heart. This should help relieve pain, aching, or throbbing.

How do I take care of my dressings?

- Keep the dressings dry.
- If dressings get wet, you may change them.
- You can buy sterile dressings from any drugstore.
- Do not remove dressings for _____ days.

When can I drive?

Do not drive a car for 24 hours. Be sure you are pain free and can handle the limb or area comfortably. Follow the instructions given to you by your surgeon.

When can I return to work?

Talk about returning to work with your surgeon.

If bleeding starts:

- Place your hand over the dressing and press firmly.
- Place the affected body part up on pillows above the level of your heart, if possible.
- Rest quietly until the bleeding stops.

Contact your doctor if the bleeding continues.

In case of severe bleeding, go to the Emergency Department immediately.

Call your doctor as soon as possible, if you have any of these signs of infection:

- Fever
- Chills
- Increased swelling, redness, or warmth around the wound
- Increased drainage from the wound
- Bad smell from the wound
- Pain that is not helped by the pain pills you are taking

You may contact your surgeon:

Doctor: _____

Phone: _____

If your surgeon is not available:

Call your family doctor

OR

Go to your local Emergency Department

Notes:

Looking for more health information?

Contact your local public library for books, videos, magazine articles, and online health information.
For a list of public libraries in Nova Scotia go to www.publiclibraries.ns.ca

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