

PRE-OP PREPARATION

BEFORE SURGERY

- Arrange for transportation to and from the hospital, as you will be unable to drive yourself home.
- If you live alone you may want to arrange for someone to stay with you the first few nights at home. You may need help with your care.
- Drink plenty of fluids so you are not dehydrated. *But remember nothing to drink after midnight the night before surgery.*
- Ready your home, including preparing food and rearranging furniture if necessary.
- Write a list of current medications, dosages and time usually taken, and bring the list to the hospital with you.
- Be sure to notify Dr. Morris if you are diabetic or currently taking blood thinners. (See above)
- **Avoid all over-the-counter pain medications (except Tylenol), Plavix and Coumadin five (5) days prior to surgery, unless otherwise directed.**

THE DAY BEFORE SURGERY

- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.** This includes gum, hard candy, lozenges and water, unless otherwise instructed by a doctor.

THE DAY OF SURGERY

- Bring medication list with you to the hospital.
- It is important that you arrive at the time you are instructed (2 hrs before surgery).
- Following surgery you will stay in the recovery room, then return to the nursing unit when stable.
- Your length of stay will depend on the procedure and type of anesthesia you have.

THE WEEKS FOLLOWING SURGERY

DISCHARGE INSTRUCTIONS

- Please call our office (503) 517-9030 if you have any questions.
- If you have urgent concerns after hours please call our office to reach an on call doctor 24 hours a day.
- Please call our office within 2 weeks of discharge for your postoperative appointment, if it is not already scheduled.

IMPORTANT THINGS TO WATCH FOR:

PLEASE CALL IMMEDIATELY IF ANY OF THESE PROBLEMS ARISE

- A yellow or green discharge that is increasing.
- A change in odor of the discharge.
- A change in size of the incision.
- Redness or hardening spreading out from the incision.
- The incision is hot to the touch.
- Fever (temperature over 101 degrees F.)
- Increasing or unusual pain.
- Excessive bleeding that has soaked through dressing.
- Excessive discharge.

GENERAL INSTRUCTIONS

- Do not wash the surgery site for 48 hours. It is OK to shower after 48 hrs.
- Remove the dressing after 48 hrs, leaving the steri-strips (little white bandages) in place.
- Do NOT Scrub or rub incisions.
- Do NOT use lotion or powder on incisions.
- Do NOT expose incisions to sunlight.
- Do NOT take a bath, swim, or go in a hot tub for 7 days after surgery.
- Keep incision dry and clean to aid healing.
- You may notice some soreness, tenderness, tingling, numbness, and itching around the incision. There may also be mild oozing and bruising, and a **small** lump may form. This is normal and no cause for concern.
- Postoperative recovery period usually takes 4-8 wks. As you gradually resume your normal activity, you should expect to feel tired. Light exercise such as walking is encouraged. No strenuous activities should be undertaken until 6 wks after surgery.
- Do not lift anything over 15 lbs for 6 weeks after surgery if you have any incisions on your abdomen.
- Staples not removed before discharge will be removed at your post-op appointment.
- Pain medication is usually required for about 1 - 2 weeks after discharge, but everyone is different. Please be sure to follow instructions on prescriptions. Pain medication also causes drowsiness, so it is important not to drive while taking them.
- Pain medications may cause constipation, if this occurs take an over the counter laxative such as Senna-S.

POST-OP WOUND DRESSING INSTRUCTIONS

*Most incisions can be left uncovered after 48 hours. If you are instructed to change your dressing, follow the below instructions.

1. Wash your hands.
2. Prepare supplies by opening the gauze packages and cutting new tape strips.
3. Put on surgical gloves.
4. Loosen the tape around the old dressing.
5. Remove the old dressing.
6. Remove the surgical gloves.
7. Wash your hands, and put on another pair of surgical gloves.
8. Inspect the incision for signs of infection.
9. Hold a clean, sterile gauze pad by the corner and place over the incision.
10. Tape all four sides of the gauze pad.
11. Put all trash in a plastic bag, including gloves.
12. Seal plastic bag and throw it away.
13. Wash your hands.

IF YOU HAVE ANY QUESTIONS FEEL FREE TO CALL OUR OFFICE, OR EMAIL US
AT: info@nwsurgicaloncology.com

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