

Safety After Surgery

The nurses at IOH will attempt to contact all outpatient surgery patients the following business day after surgery to evaluate their recovery process.

Recommendations for Safety and Recovery

- ✓ Prepare your home as instructed.
- ✓ Stock your pantry with broths, gelatin and clear soft drinks for the first several hours after surgery until you are able to tolerate a regular diet. Avoid large quantities of food and high-fat foods. Start slowly!
- ✓ If you live alone, have portion-size meals available in your freezer that can be easily heated up.
- ✓ Take your pain medicine with a small snack, such as clear liquid and crackers to help avoid nausea.
- ✓ Consider taking an over-the-counter stool softener while you are taking narcotic pain medicine to avoid constipation.
- ✓ Wash your hands frequently with soap and water. This includes before and after handling food and especially before changing or touching your dressing.
- ✓ Keep your incision clean and dry according to your surgeon's instructions. Do not bathe or soak in a tub, lake or pool until approved by your surgeon.
- ✓ Do not apply creams, lotions or ointments to a healing incision. These can inhibit new skin cell growth and/or introduce bacteria.
- ✓ You should refrain from any sexual activity that could jeopardize your surgical site for at least six weeks.
- ✓ Avoid any non-emergent procedures for three months following your surgery. These include routine dental work, such as dental cleaning, and any other routine medical procedures, such as colonoscopy screening.
- ✓ Do not drive until approved by your surgeon.
- ✓ Do not drive while you are still taking narcotic medications as they can make you drowsy.
- ✓ Check with your surgeon before starting any new exercise regimens.
- ✓ Observe any precautions regarding lifting, sitting and moving. You will find these in the section that explains your particular surgery.