

How to contact your doctor

It is very important to have your doctors contact information readily available if you should have questions or concerns after your surgery. Make sure you have an after hours contact number to be able to reach your doctor should you have questions at any time. The MISH websites also lists contact information for doctors that work at MISH.

In Case of an Emergency

In Case of an Emergency dial 911 or go to the nearest Emergency Room. You can notify your doctor that you are going to the Emergency Room on your way there.

Diet

Diet after surgery or procedures can vary greatly. With procedures such as colonoscopy, EGD, facet block, pump exchanges, or pacemaker battery exchange you may restart your regular diet immediately after. For more invasive operations like weight loss surgery, hiatal hernia repairs or any gut surgery that may not be the case. Please make sure you speak with your doctor and understand what kind of diet you will be required to follow after surgery.

Activity

Non-exerting activity after surgery or procedures is encouraged. It improves and quickens recovery. No one expects you to run laps around the neighborhood, but moving about doing routine light chores is not necessarily contraindicated. Please make sure you speak with your doctor and understand what kind of activity you are allowed following surgery.

Bathing/Shower

If you have incisions/wounds on your skin most surgeon will not want you to bathe (soak your wound) for several weeks after surgery. Most surgeons allow and encourage showers (running water) the next day after surgery. Most incisions are covered with Tegaderms (a thin transparent tape) these are water resistant and you can shower in these without problems. Please make sure you speak with your doctor and understand what you are allowed to do following surgery.

Wound Care

Hand hygiene during handling your wounds is probably the most important measure to prevent wound infections. Most incisions are covered with Tegaderms (a thin transparent tape) these are water resistant and you can shower in these without problems. Most surgeons will not want you soaking a wound for several weeks after surgery. This means no pools, baths, Jacuzzis, or swimming. Most original dressings can be removed after 48 to 72 hours. Some wounds do not require further dressings unless they are draining - incisions open to air heal faster. If the skin around your incision is getting red, hot, and more painful or your

wound is draining please call your doctor. Please make sure you speak with your doctor and understand how you are to care for your wound(s) following surgery.

Medications

Please bring with you a list of your medications and when possible the medications themselves. We want to know about all the medications you take at home. This will allow us to continue your meds in the hospital and determine if you need to continue them after you are discharged from the hospital. Often during a hospital stay your need for a medication can change. Knowing everything about you medications will help us make sure you are taking the correct medications once you go home. Upon discharge we will give you a list of all your new and old medications. The list will also explain which of your old meds to continue to take or how to take them now, as well as explain how to take your new meds.

Pain Control

Pain is generally the worst in the first 3 days after surgery. Regular use of your pain medication will provide better control. If you feel you no longer require the prescribed pain medication, you may switch to plain Tylenol. Please refer to the PDF titled Safe Use of Pain Meds for more information. If your pain is not under control please contact your doctor.

Follow - Up

Make sure you know when your doctor wants to see you after surgery. Most surgeons will want to see their patients 7 to 10 days after surgery. After more invasive operations the doctor may want to see you sooner. Please call the doctor's office to schedule a follow-up office appointment.

Call If

Please call your doctor if you have a:

- fever above 100.5°F,
- intractable nausea and/or vomiting,
- inability to keep liquids down,
- redness or swelling at the incision,
- uncontrolled pain,
- chest pain,
- shortness of breath - can't catch your breath,
- excessive abdominal pain,
- change in drainage,
- or anything that may concern you or not feel right.

In case of an emergency dial 911.