

POST-OP SMART CARE

During your recovery at home, it is important to keep a few things in mind to assist in a speedy recovery:

- 1) You may be sleepy for the next 12-24 hours after surgery. This is normal.
- 2) Stay well hydrated; drink water, juices and Gatorade. This will also help promote urination. If you do not urinate within 8 hrs. of your surgery, you should contact the office.
- 3) When you feel like eating, start with soups or Jell-O and then progress to a normal diet as tolerated. A mild sore throat is common; you may use lozenges.

PREVENTING BLOOD CLOTS

Get up and walk around.

Get out of bed for meals.

While in bed, move your legs, wiggle
Your toes and flex your calf muscles.

PREVENTING PNEUMONIA

Cough. This is necessary to help bring
Up commonly produced secretions.

Breathe deeply to facilitate lung
expansion.

- A blood clot in your **leg** may present as calf pain, swelling, or warmth in *one* leg, as opposed to the normal swelling you may have in *both* your lower extremities after surgery. A blood clot in your **lung** may present as shortness of breath, difficulty breathing, rapid breathing/heart rate or lightheadedness.
- You may have pneumonia if you develop a fever, shortness of breath and/or a productive cough.

■ You need to contact your Dr. for any of the above symptoms.

When coughing or deep-breathing, use a pillow to clutch at your abdomen. This will make you more comfortable and help support any abdominal incisions you may have.

If you have been sent home with drains, and/or a catheter, it may create some limitations but should NOT cause you to remain in bed. In fact, we discourage immobility. Blood circulation is crucial to your recovery and poor circulation can contribute to developing blood clots.

Avoid cigarette smoking as it compromises your circulation and may prolong/complicate the healing process.

As always, feel free to contact our office if you have any questions or concerns.