

Post Op Instructions

Apart from the specific instructions given to you depending on the type of surgery you have undergone, the basic general instructions that you should follow after your surgery are as follows:

- ❖ Take pain relieving and other medications as advised.
- ❖ Keep the dressing clean and dry to promote wound healing.
- ❖ Use ice packs to control swelling. However make sure that the ice bag does not leak into the dressing. Ice packs can be used liberally for the first 48 hours and even later, if required.
- ❖ Schedule your follow up appointment with your doctor as advised.
- ❖ Please consult your doctor immediately if you experience any of the following symptoms:
 - Increased drainage from the incision
 - Increased redness around the operated area
 - Increased swelling that does not decrease with ice and elevation
 - Foul odor
 - Fever greater than 101 °F
 - Coldness, numbness or blanched white or bluish color of the fingers or toes
 - Sudden calf pain or shortness of breath
 - Chest pain