

PRINCE GEORGE GENERAL SURGERY

ELECTIVE SURGERY RECOVERY

PAIN

- A combination of acetaminophen and ibuprofen is very effective for most pain
- You may be given a prescription for a gentle narcotic/opioid to use in addition
 - Narcotics/opioids cause nausea, constipation, and drowsiness
 - Please have medications on hand to control these side effects
- If pain is severe, is not responding to medications, or is rapidly increasing
 - If you are well call the surgeon's office, your family doctor's office, or 811
 - If you are very unwell go to the nearest ER for assessment

NAUSEA

- Nausea is common after surgery and is caused by dehydration, electrolyte imbalance, anesthetic medications, pain medications, and many other factors
- Nausea can also be a sign of a surgical or medical complication (infections, blocked bowels, leaking bowels/organs, strokes, heart attacks, etc.)
- If nausea is severe, is not responding to medications, or is rapidly increasing
 - If you are well call the surgeon's office, your family doctor's office, or 811
 - If you are very unwell go to the nearest ER for assessment

WOUNDS

- Unless otherwise stated, staples/sutures can be removed:
 - Head/neck/hand incisions: 5 days post-op
 - Laparoscopic incisions: 7-10 days post-op
 - Large chest/abdominal/groin/limb incisions: 10-14 days post-op
- Drains/tubes/catheters: please do not have any drains/tubes/catheters or their sutures removed without orders from the surgeon
- Stomas: for troubleshooting/appliance issues call the ostomy clinic at UHNBC

ACTIVITY

- Mobilize as early as possible after surgery, and as much as possible; start with light movement and gradually increase to your baseline over 2-4 weeks
- Neck surgery: no intense cardio or lifting anything over 10 lbs for 2 weeks
- Breast surgery: please follow the instructions in your blue book
- Abdominal surgery:
 - Laparoscopic surgery: no lifting anything over 10 lbs for 4 weeks
 - Open surgery: no lifting anything over 10 lbs for 6 weeks
- Hernia surgery: no lifting anything over 10 lbs for 6 weeks

FOLLOW-UP

- Booking: please call the office to book your follow-up appointment

IF YOU HAVE ANY QUESTIONS PLEASE CALL OUR OFFICE AT 250-645-4728
