



Wound Care After Surgery

1. Make sure that you have a follow up appointment for 7-10 days.
2. If it is a closed wound then the wound can and should be washed every day starting 24 hr after the operation. Do not use peroxide or any other substance, just use water and soap.
3. For open wounds, if packed then remove the packing every day and wash in shower everyday. Repack after washing and cover.
4. If the wound has a drain then empty the drain every day and measure and record the amount. Bring the amounts to the post op appointment.
5. Call your doctor if bleeding, redness, fever or any other symptom develops
6. Start diet slowly since anesthesia can cause nausea and vomiting
7. Stay active and ambulate daily, several times a day and take deep breaths. (this is especially important for major surgeries)
8. Stay hydrated and eat healthy
9. Do not start any blood thinners, aspirin or aspirin like products for 5 days after surgery
10. Call your doctor if any instruction is unclear or if you have any questions at all. If you had bowel surgery, diarrhea can be experienced, but if diarrhea is not improving then call your doctor immediately. Avoid anti-diarrheals unless your doctor tells you it is ok to take.