

Instructions for Care After Outpatient Surgery

You have just had surgery in the Outpatient Surgery Unit. Self-care will be important as you heal. Therefore you will want to understand and follow these directions:

1. You may remove the dressing (bandage) after _____. You need to keep the wound clean. If your clothes rub it or if you get dirt or dust on it at work, put on a clean bandage.
2. You may shower _____ after surgery. Do not soak in the bathtub. Remove the bandage first. When drying the area, pat dry. Do not rub the wound with the towel or washcloth. Do not leave a wet bandage on the wound. If you have steri-strips on your wound. Leave them there until they fall off.
3. Look at your wound at least once a day. Watch for these signs of infection:
 - Increased pain
 - Increased swelling
 - Increased redness or warmth
 - Any drainage (oozing)
 - Chills or a temperature above 100° for 24 hours (take your temperature every day for one week)
4. If you have any bleeding that soaks through the bandage from the skin edges, put pressure on the wound for five minutes, then put ice on the wound for 15 minutes out of every hour for eight hours.

If you have been given medicine or an appointment, be sure you understand the instructions you were given, before you leave. Follow all instructions carefully.

If you have stitches, your doctor will remove them when you return, 5-10 days after surgery. At this time the doctor will also see how well you are healing. When you go home, you should still watch for the signs of infection listed above.

If you notice any signs of infection, have any bleeding or oozing, or have any questions before your appointment, feel free to call _____ Monday-Friday, between 8:00 a.m. and 4:30 p.m. at (612) _____. At any other time, please call Urgent Care at (612) 725-2000, extension 2771.

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