

When to Get Help

Call 9-1-1 if you have any of the following:

- trouble breathing or shortness of breath
- chest pain
- sudden, severe pain

See your surgeon or family doctor if:

- Your incision is warm, red, swollen, or has blood or pus (yellow/green fluid) draining from it (signs of infection).
- Your incision is very itchy and continues to get worse.
- You have a fever over 38° C (101°F).
- Your pain does not ease with pain medicine, or stops you from moving and recovering.
- You constantly feel sick to your stomach and/or can't stop throwing up.
- You have problems with bowel movements:
 - no bowel movement since your surgery and home for 2 to 3 days
 - diarrhea that is severe or continues for more than 2 days
 - bright red blood in your poop
- You notice stinging, burning, or pain when you go pee, or your pee smells bad.
- You feel increasingly tired or dizzy.

Cannot contact your surgeon or family doctor?
Go to the nearest walk-in clinic, Urgent and Primary Care Centre, or Emergency Department.

It's good to ask

If you have any questions about your recovery, you can call:

- your surgeon or family doctor
- HealthLinkBC* 8-1-1
TTY 7-1-1

Speak to a registered nurse any time - day or night.

Speak to a pharmacist about medicines any day from 5:00 p.m. to 9:00 a.m.

Speak to a registered dietitian about food and nutrition from Monday to Friday, 9:00 a.m. to 5:00 p.m.

* HealthLinkBC is available in 130 languages. For an interpreter, say your language in English. Wait until an interpreter comes on the phone.

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This information does not replace the advice given to you by your healthcare provider.

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To order: patienteduc.fraserhealth.ca

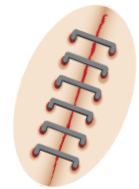
Caring for Your Incision at Home

I have:

Stitches (sutures)



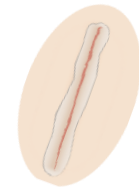
Staples



Steri-Strips



Skin Glue



 **fraserhealth**

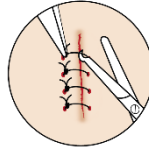
Your incision

Stitches

Some stitches dissolve on their own while others need to be taken out.

If yours need to be taken out, arrange to have them removed 7 to 10 days after surgery:

- ___ by your family doctor
- ___ by your surgeon
- ___ at a walk-in clinic



Staples

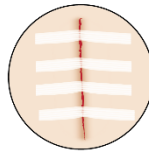
If not taken out while in hospital, arrange to have the staples removed 7 to 10 days after surgery:

- ___ by your family doctor
- ___ by your surgeon
- ___ at a walk-in clinic

Steri-Strips

These white paper tapes usually fall off on their own within 1 week.

If they don't, then gently peel them off.



Skin Glue

A special medical glue that peels off in 5 to 7 days.

Caring for your incision

As you heal, it is **normal** to have:

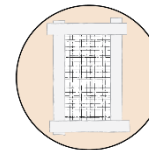
- some clear yellow-coloured fluid coming from the incision
- some swelling
- some redness (goes away with healing)
- some itching

Diet

- Eat foods high in protein and vitamin C. These help promote healing.

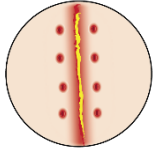
Bandage

- Always wash your hands before and after caring for your incision.
- Remove the bandage when instructed by your surgeon or nurse.
- If your incision has no fluid draining from it, you can leave your incision uncovered.
- If you have any fluid draining from your incision, follow the instructions from your surgeon or nurse on how often to change the bandage.



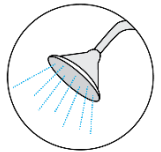
- Watch for signs of infection such as:

- redness, warmth, swelling, or hardness of the incision area
- foul smelling yellow/green fluid (pus) draining from the incision
- increased pain around the incision
- a fever over 38° C (101°F)



Bathing

- You can start taking showers 3 days after your surgery.
- Try not to let the shower spray directly on the incision(s) or bandage(s). Gently pat the area dry.
- Continue to take only showers for at least 2 weeks after your surgery.



For at least **the next 2 weeks** or until the incision is healed:

- ✗ No soaking in a bath tub or hot tub.
- ✗ No swimming.
- ✗ No creams, lotions, or ointments on your incision, unless directed by your surgeon.

Doing any of these things could delay healing.