

# General Instructions

## If you have received general anesthetic:

- Rest at home following discharge today and resume activity as tolerated tomorrow or as per surgeon's instructions.
- You may have a sore throat for the first 24 hours due to the use of a breathing tube while you were asleep.
- Drink plenty of fluids and use throat lozenges or ice cubes for relieving throat pain.

### For 24 hours Do Not:

- Drive any type of motorized vehicle
- Ride as a passenger on a motorcycle
- Operate power tools
- Sign legal documents for 24 hours
- Look after dependent persons
- Drink alcohol

*We hope your recovery will be comfortable.*

The information in this document is intended solely for the person to whom it was given by the health care team

## Follow-up Instructions/ Appointment:

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**If questions or concerns call  
BC Nurse Line: 1 866 215-4700  
(604) 215-4700  
Hearing Impaired: 1 866 889-4700**

**Or contact your physician**

**In Emergency:  
Call 911 or go to the hospital.**

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## Post-operative Discharge Instructions

**Abbotsford Regional Hospital & MMH**



**fraserhealth**

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Best in health care.

# General Instructions

## At Home

You have had an operation done to remove tissue. Discuss with your surgeon or doctor for more information and follow-up.

### What activity can I do?

You may feel drowsy or fatigued after having general anesthetic.

Resuming normal activities helps you get your strength back and prevent the problems caused by inactivity. The sooner you mobilize, the sooner you will recover to pre-surgery activity.

Check with your surgeon or doctor if you have any restrictions in your activity.

### What if I have pain?

Your surgeon may have used local anesthetic and you may not feel discomfort initially. The local anesthetic may start wearing off from 1- 4 hours or longer post-operatively depending on the type of local anesthetic used.

Do take pain medication as ordered by your physician as soon as you feel discomfort or tingling related to the surgical area. Take your pain medication regularly or as needed for best effect.

## Dressing Care

### Keep your small incision(s) clean and dry

You may have one or more small incisions depending on what your surgeon prefers, you will have one of the following dressings:

- covered with a small non-waterproof dressing - gauze
  - you may uncover incision in 24 hours exposing the stitches, staples, or skin tapes and you may have a shower
- OR
- waterproof dressings- you may shower the next day
  - leave on for a minimum of 3 days unless saturated or soaked, then remove and apply dry dressing if needed.
- OR
- glued sites by skin glue – you may shower the day after surgery

### Check with the nurse if you need to have stitches or staples removed.

### What if I am nauseated?

If you feel sick to your stomach, you may take anti-nausea medication as directed by your medication/bottle instructions, pharmacist or doctor.

## What foods can I eat?

Resume a nutritious diet as tolerated. This aids in healing and lessens fatigue.

Try to avoid constipation by drinking plenty of fluids and eating a high fibre diet.

## Follow-up

Your surgeon will leave follow-up instructions for you. Consult with the nurse before discharge from the hospital.

### Please Contact your Family Doctor or Surgeon If:

- Chills or you develop a fever - higher than 38° C or 100.4°F
- Redness or red streaks in skin near wound
- Marked swelling around your incision site(s)
- Pus, drainage, or foul odor from your incision(s)
- Continued and/or heavy bleeding from your incision(s)
- You develop a hard, swollen area around or near incision
- Pain not relieved by prescribed medicine
- Nausea and/or vomiting that does not stop

**Attend your follow-up doctor visit if you are asked to by your doctor.**