

Name: _____

What activities can I do?

- Rest the day of your surgery
- Do not lift anything that weighs more than 5 kg or 10 lbs
- Ask your surgeon when you can go back to work
- Do your shoulder and arm exercises as the physiotherapist showed you
- Be sure to go to your follow-up appointments with your physiotherapist

How do I look after my dressing?

- Do not get your incision or drain site wet
- Do not shower or have a bath until your drain is taken out
- Sponge bath only until the stitches and drain have been taken out
- Be careful not to tug on your drainage tube
- Pin it to your clothing and carefully tuck the bag under your cloths
- If you have any questions ask your doctor or your home care nurse

What can I eat?

- Eat a light meal the day of your surgery
- Be sure to drink fluids
- Eating foods with protein and vitamins will help you heal
- Eat meat, eggs, cheese, milk, fruit and vegetables

What if I have pain?

- Tenderness around the incision and drain site is normal
- Take acetaminophen (Tylenol) and ibuprofen (Motrin, Advil) unless your doctor or nurse tell you not to
- Your doctor may give you a prescription for pain medicine
- Be sure to follow instructions on the medicine bottles
- Do not wait until the pain gets bad
- It is best to take the medicine regularly for 1 or 2 days
- Call your doctor if the pain is bad and the pain medicine is not helping

Call your doctor if:

- Pain is not relieved by your pain medicine
- Any incision is red, swollen or painful
- The drainage from any incision becomes bright red or smells bad
- Any incision becomes red and feels hot
- You have a fever greater than 38.0°C or 100.4° F
- You vomit or feel so sick that you cannot drink anything for 24 hours
- You have pain, aching, swelling or redness in your calves

Will I have a follow-up visit with my doctor?

- Call your surgeons office and make an appointment for a follow-up visit

Follow up:

Questions or Concerns:

Health Link BC: 811

(604) 215-2400

Hearing Impaired: 1 866 889-4700

Or, contact your physician

In an Emergency: Call 911 or go to the hospital emergency room