

PATIENT DISCHARGE INSTRUCTIONS: INCISIONAL

Call 911 or immediately go to the Hospital Emergency Department nearest your location if you feel you have an emergent problem.

Please call the Doctor if:

- ✓ You measure your temperature with a thermometer and it is over 102 degrees.
- ✓ There is unexpected redness, swelling, pain, or drainage from an incision.
- ✓ You have unexpected shortness of breath.
- ✓ You have increasing pain not helped by your medication.
- ✓ You have urgent concerns about your surgery.
- ✓ You are unable to eat or drink well.
- ✓ You have uncontrollable nausea, vomiting, or diarrhea..
- ✓ You cannot eat your food.

Incision Wound Care:

- ✓ Cover incision with sterile 4x4 and secure with tape or gauze for five days.
- ✓ Change the 4x4 gauze daily.
- ✓ Do not use ointments or creams on the surgical wound.
- ✓ You may shower 5 days after surgery. Be sure to dry off the wound.
- ✓ Do not take a tub bath until after you are seen in the doctor's office.
- ✓ Your surgery wound can be open to air five days after surgery.

Activity:

- ✓ Do not lift over 5 pounds until after post-operative visit.
- ✓ You may travel as a passenger in a car, but do not drive yourself until permitted by the doctor.
- ✓ You may climb stairs three times each day, but not if tired or feeling weak.
- ✓ Wear a sling for two weeks on the arm on the side of the incision if a pacemaker was implanted.
- ✓ Do not raise the arm above your head on the side of the incision if a pacemaker was implanted

Diet:

- ✓ You may return to your normal diet unless given other instructions.
- ✓ Do not over eat or drink excessive water.

Medication:

- ✓ Take only the medicines prescribed for you.
- ✓ Do not take other medications unless the doctor tells you to do so.

Tobacco and Alcohol:

- ✓ Tobacco should not be used.
- ✓ Alcohol should not be used.

Doctors Appointment:

- ✓ Please keep your appointment with the doctor as scheduled.

Philip L. Rice, M.D., F.A.C.S., R.P.V.I.
University Cardiothoracic and Vascular Associates
100 Radnor Road
State College, PA 16801
Telephone (814) 238-2616