

PATIENT WOUND CARE AND DISCHARGE INSTRUCTIONS

ACTIVITY: As tolerated no heavy lifting over ____lb

DIET: Regular Soft Liquid Bariatric Surgery Diet
Other:_____

WOUND CARE:

- 1) If there is a dressing over the wound, keep it clean and dry for 24 hours. You may then remove the dressing and shower.
 - a) DO NOT SOAK THE WOUND with a tub bath or in a swimming pool for seven days.
 - b) When done with the shower, pat the area dry. Then leave area open to air or apply a dressing or Band-aide over the wound if needed to keep clothing from rubbing or to protect clothing from small amounts of drainage.
- 2) There may be paper strips (steri-strips) covering the incision. They are used to reinforce sutures (stitches) that have been placed under the skin.
 - a) The steri-strips will stay on for approximately 7-10 days and will gradually come off by themselves. Do not remove them on your own until your follow-up visit. If they do not come off in 10 days then you may remove them yourself.
 - b) You may shower and gently wash with the steri-strips in place, but do not scrub the area.
 - c) The strips will gradually curl up on the ends. The ends can be trimmed off with scissors.
- 3) Your wound may be closed with metal staples.
 - a) You may shower with the staples in place. They will be removed during a follow-up visit with your doctor.

OBSERVE FOR:

- 1) Persistent or increased pain at the incision site.
- 2) Temperature over 100 F.
- 3) Bloody or yellowish fluid from the incision that may have a foul odor.
- 4) Increased redness, swelling or hardness at or around the incision site

PAIN MEDICATION AND FOLLOW-UP:

- 1) If you are given a prescription for pain medication containing a narcotic, you MUST NOT DRIVE OR TAKE ALCOHOL.
- 2) You will be given a follow up appointment in the office to inspect the wound. If you have staples or non-absorbable sutures, they will be removed at that time.
- 3) If any problems arise call the office at **738-3359** to speak with your doctor even if after hours.

4) Discharge Medication

- Percocet 1-2 Tabs po q4-6h prn pain
- Tylenol #3 1-2 tabs PO q4-6h prn pain
- Lortab Elixer 10-15 cc PO q4-6h prn pain
- Continue all other medication as prescribed except_____
- Other:_____

- 5) Follow-up with Dr.Blaney in _____.
- 6) Call the office for an appointment if not already made at the time of discharge.