

# Discharge Orders and Instructions

## Abdominal Surgery

This is a guide to your post-hospital care. You may have received additional information from your physician. Some items may not apply based on your doctor's instructions. If you need immediate attention and cannot reach your physician, come to Beaumont Emergency Department or any hospital near your home.

### Physical Activity

- Restrict your activities and rest today. Gentle ambulation is encouraged hourly while awake.
- Sleep with head elevated and a pillow under the knees.
- Tomorrow: Limit physical activity, especially straining and twisting. Avoid stairs. Limit walking. No driving or lifting.

### Diet

- Resume usual diet. Increase fluid intake.

### Medications

- See medication discharge instructions.
- Take all antibiotics as prescribed.
- When taking pain medication, you may experience dizziness or drowsiness. Take pain medication only as directed and as needed. Do not drink alcohol or drive when you are taking these medications.
- You may take non-prescription "headache" remedy type medication that you normally use, one that does NOT contain aspirin or Motrin.

### General Instructions

- Keep binder low and smooth.
- Wear garment at all times.
- Do not change garment/dressing.
- May remove dressing only as directed by your doctor.
- May resume showering/bathing as directed by your doctor.
- Expect drainage, reinforce with gauze.
- Keep drains to bulbs suction. Empty and record as directed.
- See your doctor for special instructions.

**Things to remember:** Because your reflexes may be diminished after receiving anesthetic drugs, for the next 24 hours:

- You may not operate a vehicle.
- You may not engage in an occupation involving machinery.
- You may not drink alcoholic beverages.
- Avoid making any critical decisions.

**Call your surgeon should the following occur:**

- Fever over 101°F by mouth.
- Swelling around operative area.
- Blood soaked dressing (small amounts of pink may be normal).
- Pain not relieved by medication ordered.
- Increasing redness, warmth around operative area.
- Increasing and progressive drainage from surgical area.