WOUND CARE
After you are discharged from the Hospital, it is important that you keep your surgical incision clean and dry. This will help your wounds heal faster and will help prevent infection.

Follow these instructions, unless instructed otherwise by your doctor:
• Take a shower and clean the wound.
• Using a clean washcloth, water and soap, gently wash your incisions.
• Pat dry with a clean towel.
• Paint wound with Betadine®.
• Apply a fresh, clean dressing to cover the wound.
• Repeat 1 to 2 times daily.

SIGNS AND SYMPTOMS OF INFECTION
You may experience pain and discomfort the first few days after surgery. The wound may be slightly red or swollen. A small amount of blood or clear fluid may drain from your wound. This is normal and should decrease each day.

CALL YOUR SURGEON if you experience the following:
• Fever over 101°F, chest pain, shortness of breath, or nausea or vomiting
• A sudden change in color, temperature, or sensation of any limb
• Increased pain over the incision site
• Increased cloudy and/or thick colored drainage from the wound
• If the wound opens up or becomes hot, red, or very tender
• Unusual weakness or faintness
ACTIVITY
Follow activity instructions that are given to you at discharge. If there are no walking limitations, it is important that you do not stay in bed. You should walk 3 to 4 times a day for 10 to 15 minutes. This will help prevent developing a deep vein thrombosis (DVT) in your legs.

PAIN MEDICATION AT HOME
When you leave the Hospital, you may be prescribed pain medication to take at home. You should take this medication as prescribed. Pain medication may make you constipated, so it is important to drink at least 8 to 10 glasses of water daily. You may also need an over-the-counter stool softener.

PREVENTING PNEUMONIA
When you leave the Hospital, you can reduce your risk of acquiring pneumonia by doing certain breathing exercises. Your doctor or nurse will provide you with a device called an incentive spirometer. This is an inexpensive, portable, hand-held device that measures how hard and quickly you can blow air into and out of your lungs. A member of your healthcare team will instruct you on how to use the device. It is important that you do this 10 times per hour while you are in the hospital and continue using it at home after discharge until you have fully recovered.