

### Call your doctor if you notice the following:

- ✔ Redness or swelling around the wound
- ✔ An offensive smell emanating from wound
- ✔ Abnormal wound drainage (other than what has been specified by your doctor)
- ✔ Increased pain
- ✔ A fever or high temperature
- ✔ Nausea or vomiting lasting more than 12 hours

### Present at a Lenmed 24 Hour Emergency Unit immediately if you experience the following:

- ✔ Numbness, tingling or colour change in an arm or leg
- ✔ Difficulty breathing
- ✔ Chest pain



## Our Hospitals

### GAUTENG

Ahmed Kathrada Private Hospital  
Daxina Private Hospital  
Randfontein Private Hospital  
Zamokuhle Private Hospital

### KWAZULU-NATAL

Ethekwini Hospital and Heart Centre  
Howick Private Hospital  
La Verna Private Hospital  
Shifa Private Hospital

### NORTH WEST

Daleside Day Hospital  
MooiMed Private Hospital  
Parkmed Neuro Clinic  
Sunningdale Hospital  
Wilmed Park Hospital

### NORTHERN CAPE

Kathu Private Hospital  
Royal Hospital and Heart Centre

### INTERNATIONAL

Beira Private Hospital  
Bokamoso Private Hospital  
Maputo Private Hospital  
The Bank Hospital - Ghana

SCAN FOR HOSPITAL CONTACT DETAILS



## Head Office

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[www.lenmed.com](http://www.lenmed.com)



General Surgery

## The Lenmed team wishes you well and hope your recovery is a relaxing and restful time for you.

These guidelines have been compiled to assist you during your healing process.

### Medication

All medication must be taken as prescribed by your doctor.

You may have some pain associated with your wound or incision site, if this is not controlled with medication, please advise your doctor.

If you have diabetes your blood sugar may be elevated after surgery, ensure you check your sugar levels more regularly and discuss any issues with your doctor.



### If you go home within 24 hours of surgery

Ensure an adult drives you home from hospital and stays with you for at least 24 hours following discharge.

Rest for the first 24 hours. It is normal to feel dizzy and light headed, this should improve by the next day.

Do not drive, operate machinery or make important personal or legal decisions for 24 hours.

### Activity

Avoid any activity that may cause bruising or bleeding of the wound or incision site.

If you require assistive equipment for your recovery such as a walker, the staff will teach you how to use it.

If you had abdominal or chest surgery, support your incision with a pillow or blanket when moving or coughing. Occasional deep breathing is encouraged to prevent a chest infection.

Do not lift any heavy objects for the first 2 weeks following discharge.

Walking is encouraged. Gradually build up the time and distance walked each day. Walking and staying active helps prevent blood clots which can form post surgery.

You may be asked to wear special stockings or perform other exercises to help avoid clots too.

Do not drive, return to work, resume sexual activity, play sports or do any physically extensive activities until advised by your doctor.

### Diet and Bowels

Mild nausea and vomiting is common post-surgery. It is recommended that bland foods such as rice, toast, noodles and clear fluids are consumed until the nausea has passed.

Do not consume alcoholic beverages for at least 24 hours post surgery or while taking prescription pain medication.

To help relieve constipation eat fruit, vegetables, whole grains and drink 6 – 8 glasses of water daily. If you do not have a bowel movement within 3 days of surgery, contact your doctor.

### Treatment of the wound or incision site

Keep the wound clean and dry.

You may shower and wash but don't soak in water until the dressing has been removed.

Do not apply lotions or powders on your incision.

Wash your hands before and after touching the wound.

If you have a dressing on the wound or incision, your nurse will advise you when it may be removed. Dress the wound only as prescribed by your doctor or nurse.

Keep the wound covered until your next appointment as advised by your doctor. If the dressing becomes wet please visit the consulting rooms to renew the dressing.

If you have stitches or staples on your wound or incision, it will be removed within 7 to 14 days as agreed upon with your doctor.

If you have paper-like strips on your wound or incision, it should come off in 7 to 10 days.

If you go home with a drain, your nurse will teach you how to care for it.



We wish you all the best and hope you get back to doing what you love soon!