

## Frequent Concerns After Surgery

### **Drainage**

It is not uncommon to have drainage from your incision especially in the first 24 hours after surgery. The fluid is often pink-red tinged in color. It is important that you change any dressing that has become wet or soiled. If you experience bright red bleeding apply pressure for 10 minutes. If you cannot get the bleeding to stop call our office at **309-663-1222** or Dr. Poulter's answering service if it is after hours at **309-530-9136**.

If you have drains it is important that you empty and record your output on the drain sheet provided as this will help us determine when they may be safely removed. To ensure your drains are working properly compress the bulb and insert the cap. If the drain will not stay compressed this may indicate it is not functioning properly. Please call our office at **309-663-1222** or Dr. Poulter's answering service if it is after hours at **309-530-9136**.

### **Swelling**

Minor to moderate swelling is expected after surgery. In order to minimize this elevate the part of your body that was operated on. (For example: If you had facial surgery sleep with your head and shoulders elevated.) Limiting your activity after surgery will also help prevent swelling. If you have been instructed that it is okay to do so, intermittent ice will also minimize your swelling. Should you experience rapid swelling, one side greater than the other, or rapid swelling with pain or bruising call the office immediately at **309-663-1222** or Dr. Poulter's answering service if it is after hours at **309-530-9136**.

### **Pain**

Pain is expected after surgery although there should be periods of time when you are able to relax and rest. We do our best to minimize your pain through various medications and by using the On-Q pain pump when applicable. It is important to take your pain medications every 4-6 hours as directed. Pain is much easier to manage if you prevent its onset. If you experience a sudden increase in pain or have pain that does not improve after taking your medications on your prescribed schedule please call our office at **309-663-1222** or Dr. Poulter's answering service at **309-530-9136**.

### **Nausea & Vomiting**

Nausea and vomiting is one of the most common complaints after having surgery with general anesthesia. We attempt to minimize this by giving you anti-nausea medications through your IV while in surgery. If you have a history of motion sickness or have experienced nausea & vomiting with previous surgeries please let us know beforehand as there are medications you may begin as early as the evening before your surgery. It is important to stay well hydrated after surgery by drinking plenty of fluids. This means you should drink at least 8oz every 4-6 hours. If you are experiencing severe nausea and vomiting please call our office at **309-663-1222** or Dr. Poulter's answering service if it is after hours at **309-530-9136**.