

HOME CARE INSTRUCTIONS FOR POST-ABDOMINAL SURGERY

腹部手術居家照顧

◆ Shower

1. You may shower.
2. Change the pad frequently.

◆ Wound Care

1. Keep the wound clean and dry.
2. If any of the following occur, notify your doctor :
 - 1) Increased pain
 - 2) Increased swelling
 - 3) Fever
 - 4) Foul odour and/or increased drainage from wound.

◆ Exercise

1. Avoid things which will cause you to stress or strain against your incision.
Walking is permitted and encouraged.
2. Do not do heavy lifting (no more than 3 kg with single hand) within 6 months.

◆ Defecation and Voiding

1. Intake more vegetables, fruits, and drink plenty of fluids (2,000~2,500 ml) for excellent bowel movement.
2. If painful sensation or difficulty in voiding occur, notify your doctor.

◆ Nutritions

1. Intake foods contained more protein & vitamin C (eg. Fishes, eggs, milk, fruits)
2. No special restriction of food type.

◆ Vaginal discharge

A few bloody discharge via vagina will last for one month.

◆ Follow up

1. Follow-up exam is scheduled on : _____
2. Don't hesitate to back to hospital if there is an unexpected problem.

I have been told the post-surgery instructions of female sterilization and fully understood it.

Signed _____ Date _____



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