



TIPS TO PREVENT A SURGICAL SITE INFECTION: CARE INSTRUCTIONS

What is a surgical site infection?

- An infection that can happen after surgery in the part of the body where the surgery was done.

How can I prevent a surgical site infection?

- Wash your hands frequently and especially before touching the area around your incision.
- Use clean sheets on your bed, clean towels after your showers and keep the incisional area clean or covered as directed.
- Avoid close contact with pets as they carry bacteria that can infect your wound.
- Eat healthy and avoid foods containing large amounts of sugar.
- If you have diabetes, keep your blood sugar controlled.
- If you smoke, STOP. Smoking increases your risk of infection.
- Take any antibiotics prescribed for you as directed until they are gone.

What are the signs or symptoms of an infection?

- Common signs or symptoms of an infection include redness, increased warmth or milky drainage around the incision site.
- Increased pain at the surgical site.
- A fever over 101 degrees Fahrenheit.
- Inability to heal properly.

*The best way to prevent an infection is to wash your hands frequently.
If you think you may have an infection, call your doctor immediately.*

TIPS TO PREVENT POST OPERATIVE CONSTIPATION

Constipation can be a common side effect of surgery and narcotic use.

To prevention constipation:

- Drink lots of fluids.
- Eat high fiber foods: fruits, vegetables, whole grains and beans. Limit meats, cheese and processed foods.
- Walk! Walking around helps to increase the movement in your bowels.
- Take a stool softener such as Colace 1-2x per day after surgery AND while taking narcotics. If you do not have a bowel movement after two days, consider Milk of Magnesia, Miralax, Dulcolax or other laxative. Take these over the counter medications as directed on their packaging.

Call your doctor if you remain constipated or if you develop severe abdominal pain or vomiting.