

How I should care for my incision

If I have steri-strips (small strips of tape on my incision)

- The steri-strips should fall off on their own in 7-10 days.
- If they haven't fallen off on their own, I can gently remove them in the shower after 10 days.

If I have staples

- My family doctor, homecare nurse, or surgeon will take out my staples after 5-10 days.

If I have a little bleeding

- I should clean my incision with warm water in the shower, dry it with a clean towel, and cover it with a Band-Aid.

If I have a Foley catheter

- My nurse will teach me how to look after my catheter.
- My catheter should only be changed or removed under the direction of a urologist.
- I may feel like I need to urinate even with the catheter in.
- I may see blood around my catheter or in my urine for a few weeks.
- I may leak urine after my catheter is taken out. I can do pelvic floor exercises (Kegels) to help with this.
- **If my catheter is blocked:** I should call my homecare nurse should go to the nearest emergency department if I can't reach my homecare nurse.

If I have a JP drain

- My nurse will teach me how to look after my JP drain.
- **If my JP drain falls out, is leaking, or isn't collecting fluid:** I should call my homecare nurse.

How my activities will change

Showering

- I can shower 48 hours after my surgery.
- I can let soapy water run over my incision, but **I shouldn't** rub my incision.
- My catheter should stay connected to a drainage bag when I shower.
- **I can't** have a bath, go swimming, or use a hot tub until I talk to my surgeon.
- **I shouldn't** use any creams on my incision unless I have talked to my surgeon.

Exercise and physical activity

- I should practice deep breathing to keep my lungs healthy.
- I should be active to help me gain strength and feel better.
- I should go for walks often. I should rest and take a break when I need one.
- If I need to take a long car ride, I should stop and walk every 1-2 hours.
- **I can't** lift more than 10 pounds for 4-6 weeks after my surgery.



My medications

- I was given a list of medications I need to take.
- I was told why I need to take my medications.
- I was told about the side effects of my medications.



My appointments

- I was given a list of my appointments.
- Someone reviewed my list with me.
- I was told about the automated phone call.

Where I can go for more information

For information about...	I can call or go to...