

Pain Control After Surgery

In the hospital

- Take or ask for pain relief medication when pain first begins
- Report your pain to the nurse
- Ask for pain medications before treatments and therapies that may cause pain
- Tell the doctor or nurse about pain that won't go away

At home

- Take pain medication when pain first begins and keep a record
- Take pain medications before treatments and therapies that may cause pain
- Tell your doctor about pain that won't go away

IMPORTANT

Take medication as directed, it provides the best pain control.

Nurses or staff may ask you to rate your pain 0 to 10 with 0 meaning no pain.

Never worry about being a “bother.”

Pain can be a sign of a problem with your operation. The doctor or nurse wants to help you control your pain.

Ask your doctor

Why do I need the surgery?

What are the risks of having the surgery?

Where can I get a second opinion?

Notes _____

First Choice Outpatient Surgery Center
at Community Hospital
2596 F Rd. • Grand Junction, CO
(970) 256-9411

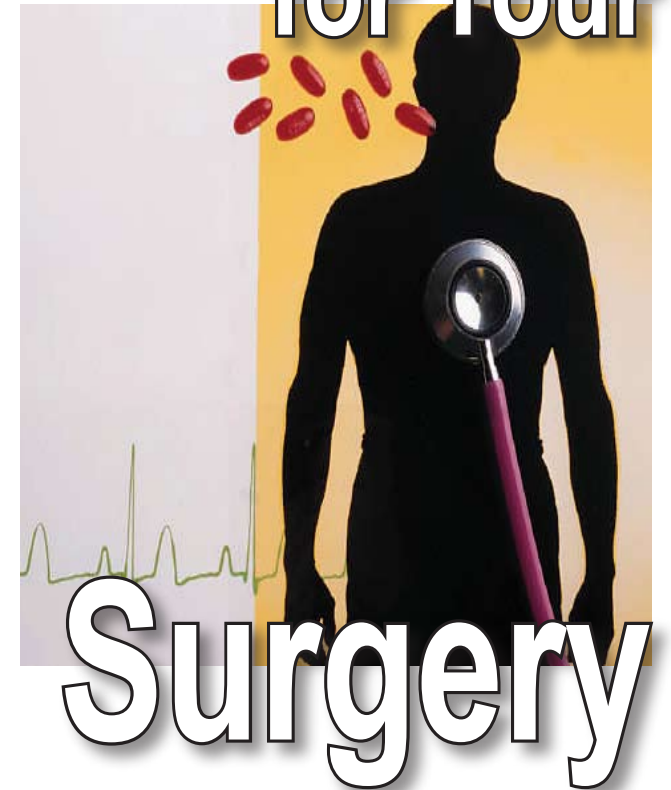
Community Hospital

2021 N. 12th St. • Grand Junction, CO
(970) 242-0920

www.YourCommunityHospital.com

Mktg/Surgery Services/2009/Prepare for Surgery Brochure

Prepare for Your



This brochure gives you additional information about getting ready for surgery and provides you tips for care after surgery. Please call your doctor or nurse if you have questions.



Skin Care

Take a bath or shower the night before and morning of surgery. This helps decrease your chances of getting an infection. Do the following if you have been instructed to use Hibiclens:

- Use the Hibiclens liquid soap, **BELOW THE NECK ONLY** (do not use on genitals), when you bathe or shower
- Wet your body and wash with Hibiclens and clean washcloth
- Rinse
- Dry well with a **CLEAN** towel
- Put on **CLEAN** clothes
- **DO NOT** use lotion, cream or powder
- **DO NOT** shave the area where the surgery will be done

Wound Care

After you leave the hospital or surgery center, it is important that your surgical site (wound) is kept clean and dry. This helps you heal faster and helps prevent infections.

Follow these instructions unless told otherwise by your doctor:

- Take a bath or shower and clean the wound – showers are best
- Use a clean washcloth, wet the wound with water and wash with soap; gently wash any soil or drainage
- Pat dry with a clean towel
- Apply a fresh, clean dressing and repeat later in the day, if needed

Signs and Symptoms of Infection

The first few days after surgery, you may have pain or discomfort. The wound may be red or swollen, or may have a small amount of clear or bloody drainage. This is normal and should be less each day.

Call your doctor if you notice the following:

- Fever over 101 degrees
- Increased pain at the wound not related to activity
- Increased, cloudy, and/or colored drainage from the wound
- The wound opens up and/or becomes hot, red and tender

Pain Control

Ask the doctor or nurse these questions:

- How much pain will I have after surgery?
- Where will the pain be?
- How long will the pain last?
- Talk with your doctor about pain control choices and make a plan with your doctors and nurse to control pain.



Doctor's Instructions

- Do not drink or eat for a certain period of time before the surgery
- Schedule a blood test, x-ray, electrocardiogram, or other test before surgery
- Take an enema the night before, if told to by your doctor
- Do not wear:
 - eye contacts,
 - makeup,
 - or nail polish on the day of surgery
- Leave valuables and jewelry at home
- Tell the nurse if you wear dentures or other prosthetic devices
- Wear loose-fitting clothes the day of surgery to be more comfortable
- Take your insurance information