

General discharge advice following abdominal surgery

Information for Patients



Wound care

General wound care

- Keep your wound clean and dry
- Have a shower rather than a bath
- When showering, let the water flow over the wound then pat dry (do not rub)
- Do not touch the wound with your fingers
- **If the wound becomes sticky or red and inflamed go to your GP/Practice Nurse for a wound check**
- If your wound is being irritated by your clothing, a dry dressing may be applied.

If your wound needs redressed or clips removed:

- The Nurse will supply you with a clip remover. Please take this to your Practice Nurse appointment
- The Surgeon will advise you when to have your clips removed (normally about 10-14 days post operatively)
- If necessary, the nurse will refer you to the District/Practice Nurse
- If required, you will be given an extra supply of stoma bags/dressings on your discharge.

Lifting/exercise

- No heavy lifting for 1-2 weeks. This includes lifting bags of shopping, small children, and washing baskets (every-day things)
- No swimming for 1 week
- No contact sports for 10-14 days.

Driving

- Do **not** drive until you can perform an emergency stop. This may be anywhere between 7-14 days to 4-6 weeks and depends on the type of surgery you have had. Your nurse will advise you at the time of your discharge.
- Having to perform an emergency stop puts increased pressure on the abdomen and may cause your wound to open. This can lead to a medical emergency.

Flying/holidays

- British Airways recommend that you should not fly for 10-14 days after abdominal surgery
- If you have booked a holiday, you must let the Surgeon know.
- Please give any compensation forms to the Nurse/Surgeon and they will complete these for you.

