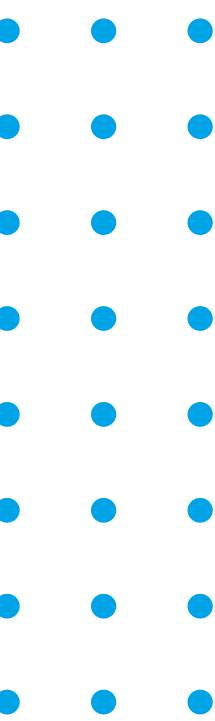


# Post-surgical recommendations

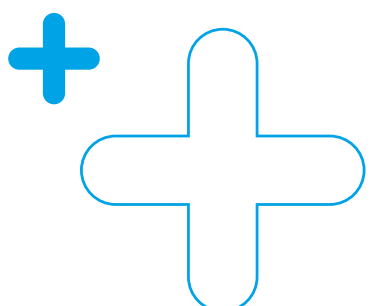
Learn about all our recommendations  
for your post-surgical care



CONTACTO

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# POST-SURGICAL CARE

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Postoperative care refers to the necessary care that is given after surgery, which purpose is to keep the patient in healthy conditions and free of medical complications.

There are several stages in postoperative care. The first stage is the immediate one, that requires medical supervision and care when still in the recovery room.

On the other hand, the intermediate stage refers to the care that the patient receives from the moment the hospitalization begins, until right before discharged. The third stage, and perhaps the most important one, depends on you, because it is the stage where you will have to take into account certain precautions and activities at home to undergo a successful recovery.



# IMPORTANT

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Be alert for signs or symptoms of wound infection

- Increased pain in the wound line.
- Persistent fever.
- Increased redness or inflammation.
- Secretions of any draining liquid.
- Falling of stitches causing
- Separation of the wound edges.

**Nota:** In case of an infection of the surgical wound, we appreciate immediately reporting it to your surgeon as well as to [quality@clinicaelpinar.co](mailto:quality@clinicaelpinar.co)

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Be alert for other signs or symptoms and contact the emergency service in case of:

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- Vomit
- Shortness of breath
- Numbness in arms and legs
- Intense pain



Remember that you can activate your Complications policy by communicating directly with the treating surgeon

# Remember your medications

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Take only what has been prescribed for you and for as long as indicated.

Analgesics (pain medications) can be gradually discontinued as the need for them decreases until they are completely discontinued.

If you have been prescribed any anticoagulant medication, you must refer to the instructions regarding anticoagulation that will be given to you.

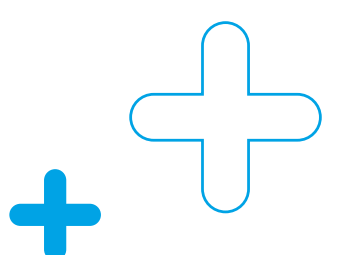
- Take the medicines ordered by the doctor.
- Don't self-medicate.
- Inform the doctor if side effects appear: nausea, vomiting, dizziness, itching, hives, etc.
- Keep an updated list of medicines, with their doses and schedules

## Rest

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- Stay at rest for the first 24 hours after surgery.
- Due to the effects of anesthesia, you will probably feel weak or dizzy
- Therefore, avoid making strong or fast movements.
- Ask for help to go to the bathroom. Never stand up alone.

The first night after surgery, you must be under surveillance by an adult.



## Good Nutrition

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The first few days after the surgery there may be decreased appetite and it often takes several weeks to recover it. In addition you can feel that the taste of food has diminished or been lost.

After the operation you must maintain a healthy and balanced diet. Keep in mind the following recommendations:

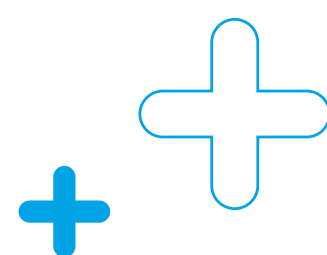
- Eat small portions during the day.
- Avoid exaggerated consumption of salt, if contraindicated.
- If you suffer from diabetes, you should continue with the diet you had before the operation.
- Increase the consumption of fruits, vegetables and fiber.
- Inform the doctor if you have diarrhea, swelling in the legs, hands or face.
- Control your weight.

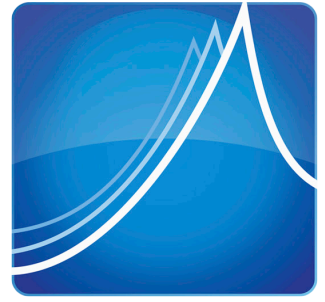
## Remember

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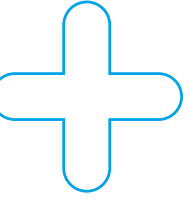
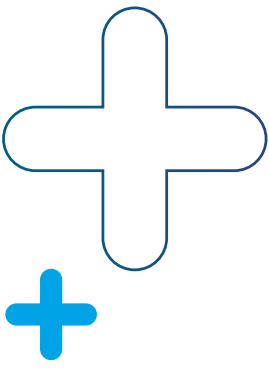
Remember to attend the follow-up appointment on the stated date and time.

If you have doubts about care management at home please contact your treating surgeon.

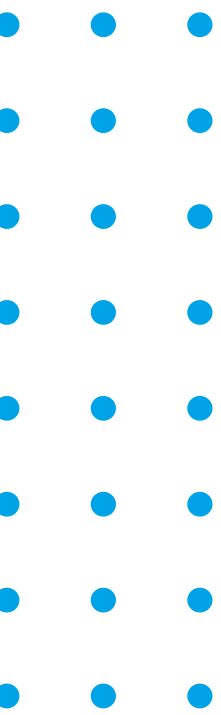




**Clínica El Pinar**



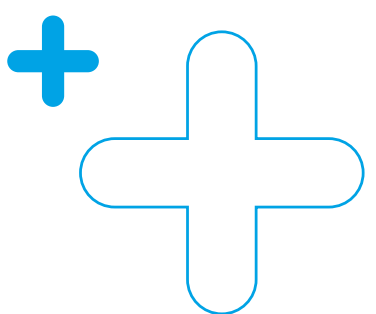
We hope you have a nice and safe experience with us.



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