



Post-Operative Instructions for Explant

General Instructions:

You may feel lightheaded, dizzy, and fatigued. The sedation given may impair your judgement and coordination. We recommend:

- **Do Not** sign any legal documents or make any important decisions for 24 hours.
- **No** alcoholic beverages for 24 hours and/or while taking pain medications.
- **No** driving for 24 hours.
- You need a responsible adult to remain with you for the remainder of the day for your safety and to assist you with your activities.
- Advance to a normal diet as tolerated.
- Rest for 24 hours.
- Avoid baths, pools, hot tubs, and the ocean for 2 weeks to allow your incision to close or until cleared by your physician.
- Cough and deep breathe frequently to promote good lung function.

Prescription Medications:

- Take antibiotics as prescribed by your physician to avoid an infection, if applicable.
- Take pain medicine as prescribed by MD. (Recommended to take with food to avoid nausea)
- Resume your blood thinner tomorrow, If applicable.
- Resume all your normal medication, unless otherwise instructed by your physician.

Incision Care:

- Keep all dressings clean and dry.
- You may experience some discomfort at the incision site for several days to weeks. You may have some bruising and swelling around the surgical site. It may be tender and to some degree painful for up to a month. There will be some redness along the line of the incision for up to six weeks.
- You may use ice for pain; however, you must keep your dressing dry and intact. Apply to site 15-20 minutes, remove for 20 minutes to allow skin to return to normal temperature. **Do Not** apply heat until your incision is healed.
- Your incision most likely is covered with an op-site dressing. Keep it clean and dry. Do Not shower for 48 hours.
- Your incision most likely is covered with steri-strips that will come off by themselves in five (5) to ten (10) days, OR staples that will need to be removed at your doctor's office in 10 to 14 days. Do Not pick at or remove them.
- A small amount of bleeding may occur on your dressing, this is normal. If it seems excessive, call your physician's office.

Follow-up Appointment:

- Call your physician's office tomorrow to schedule a post-operative appointment. You will need to be seen within the next 7-10 days.

Signs and Symptoms to Report to your Doctor; if you are unable to reach your doctor we recommend going to a nearby hospital for medical treatment.

- Fever greater than 101 degrees.
- Redness, swelling, or excessive bleeding.
- Foul smelling drainage from the incision.
- Persistent nausea or vomiting.
- If you experience out of control pain or severe headache ie: pain that is not relieved with your prescription pain medications.
- If you experience any sudden increase in numbness or weakness of your extremities.

Call 911 Immediately for any difficulty breathing, chest pain, profuse bleeding, or difficulty arousing patient.