

5 Ross Discharge Education Summary



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER

Activity restrictions

- Driving restrictions are based on your incision location:
 - Neck: No driving for 1 to 2 weeks.
 - Abdomen: No driving for 2 to 3 weeks
 - Leg: No driving for 2 to 3 weeks
 - Back/Lung: No driving for 4 weeks
 - If taking pain medication: No driving
- No lifting over 5 to 10 pounds for 4 weeks
- Doctor determines when you can return to work
- No quick or sudden movements
- No excessive bending at joint involved
- Limit going up and down stairs at first
- No sitting for prolonged periods of time

Rest time

- Do the most important chores first
- Rest and take naps as needed
- Limit visitors and outings

Activity recommendations

- Walking/moving reduces the chance of blood clots, pneumonia, and problems with bed rest. It improves healing!
- For safety, have help walking at first
 - Wear shoes that support the foot
 - Avoid walking outside in bad weather
- Start recovery with 3 to 5 walks/day
- Walk 5 to 10 minutes each time
- Keep walking pace slow and avoid hills
- Increase duration and speed of walks
- If you don't feel good, stop and rest

Nutrition

- Expect less appetite after surgery. Eat foods that sound good until appetite returns. You need calories to heal.
- When appetite returns, focus on eating heart healthy foods and drinks, with low sodium, fat, caffeine, and cholesterol
- If you have diabetes, continue to follow their diabetic diet guidelines

Post-surgery blues

- Keep pain under control
- Plan for fun and easy activities

Avoiding tobacco

- No first, second or third-hand smoke
- Increases blood pressure and can scar lungs
- Can cause lung cancer and increases risk of coronary artery disease and vascular problems
- Tobacco cessation information is available

Medicines

- Only take the medicines on your discharge instructions
- If you think a medicine is missing from the list, ask your doctor or nurse
- **Do not take over the counter medicines or supplements** unless doctor approved
- Prescriptions for new medicines will be given at discharge, as well as medicine to manage pain during recovery

Coughing and deep breathing

- Use your incentive spirometer every hour that you are awake for 4 weeks at home
- Call your doctor if you have more shortness of breath or blood in your mucus when you cough. These can be signs of pneumonia.

Incision care

- Take showers only, no tub baths or hot tubs
- Clean with soap and water 1 to 2 times/day
- Pat incision dry and leave open to air, unless it is draining
- No lotions, oils or powders on incision
- Allow incision to scab and heal
- Look for signs of infection: redness, streaking, swelling, fever greater than 100.5°F (38°C)

When to call the doctor

- Fever at or greater than 100.5°F (38°C)
- You notice signs of infection
- Incision or staples are pulling apart
- You notice increased drainage from incision
- You notice signs of blood clot: pain, warmth
- Weight gain of 2 to 3 pounds in 24 hours, or 5 or more pounds in 1 week
- **GO TO THE EMERGENCY ROOM** if you have chest pain, resting shortness of breath, or any other serious signs of concern