



Surgical Information

Patient Booklet



Scan the code below
for an electronic copy:



Welcome to the Misericordia Community Hospital

This patient information booklet is designed to guide you through your surgery preparation, your time in hospital and recovery.

The day before your surgery, you will receive a call between **12 p.m. – 3 p.m.** regarding your surgery time, arrival time and where to go.

Surgery date: _____	Surgeon: _____
Arrival time: _____	Surgery time: _____
Stop eating: _____	Stop drinking: _____



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About the Hospital

Welcome Message

Welcome to the Misericordia Community Hospital. We know that you and your family likely have many questions about your stay in the hospital. Your health is our top priority. Your health care team is committed to providing you both excellent care and the information you need to make decisions that impact you.

About Covenant Health

Covenant Health provides quality compassionate healthcare services to all Albertans through 17 sites located in 12 communities across Alberta. As a major provider in Alberta's integrated health system, Covenant Health works with Alberta Health Services and community partners to positively influence the health of Albertans through a broad range of programs and services in our hospitals, health centres and continuing care facilities.

Your Voice Counts

You and your family are the most important members of your care team. We rely on you to let us know if you have any comments or concerns so that we can plan your care together. Respectful, open communication sets a strong foundation for quality care. We greatly appreciate your patience, cooperation and understanding.

We encourage you to first speak to your health care team (nurse, doctor, unit manager or other care providers) with any concerns, as they are most familiar with your situation and may be in the best position to help you.

If your concern is unresolved or if you have a compliment, please contact Covenant Health Patient Relations:

Phone: 780-735-7494

Mail: Patient Relations
Covenant Health
16940 – 87 Avenue
Edmonton, Alberta T5R 4H5

Email: PatientRelations@covenanthealth.ca



Our Commitment to Your Safety

Covenant Health is committed to your safety. Expect that we will ask for your identification before any treatment, procedure or giving medication. We may ask you to state your name or date of birth many times during your hospital stay.

Your safety starts with good communication:

- **Ask** questions until you feel comfortable. It is important that you understand as much as possible about the care you receive.
- **Listen** and pay close attention to all of the information provided to you.
- **Talk** to your health care provider about any problems you are having.

Please share any important information that can help us provide better care.

Clean Hands

Clean hands are the best way to prevent and stop the spread of infections!

It only takes **20 seconds** to kill germs on our hands that can cause infections.

It is okay to remind your visitors and health care team to clean their hands.

How to clean your hands

You can use soap and running water or alcohol-based hand rubs (also called hand sanitizers).

When to clean your hands

Every one of us should clean our hands:

- Before and after touching wounds and devices
- Before eating, drinking, taking medications and touching your face
- After using the washroom
- When entering or leaving your room or interacting with visitors





Members of your Health Care Team should clean their hands:

- Before contact with you/your room space
- Before doing procedures
- After contact with blood and bodily fluids
- When exiting your room/space

Falls Prevention


We are committed to keeping our patients safe, and this includes preventing falls. Here are some ways you can avoid falling:


- Wear footwear with non-skid soles, closed heels and toes. Wear clothing that fits and will not cause you to trip or fall.
- Keep your call bell, mobility aides and personal items within reach.
- Ask for help if you need assistance to sit up, stand or walk to the bathroom.
- If instructed by the health care team to not get up or walk on your own, please ask for help.
- If you have had a fall or injury, it is important you know how to support your mobility. Ask your care team if you have any questions.
- Ask for more information on ways to prevent a fall/injury.

General Information

Parking

Public parking is available outside the main entrance located along 87th Avenue. (Zone 9141) and on the East side of the hospital in front of the Emergency Department. (Zone 9142)

You can use the  app to search, pay, reserve, and extend your parking.

Weekly passes are also available for purchase on the  app.

Payment machines are located inside the front entrance or in the parking lots. The machines accept coins and credit cards only. Change machines are located in the main lobby and the Emergency Department waiting room.

Arriving at the Hospital

Please enter through the main entrance, located along 87th Avenue. All patients and family support persons are required to be screened for COVID upon arrival.



Surgical Dayward patients will proceed directly to the unit.

Same Day Admit patients must stop at the admitting desk for preoperative paperwork.

Smoking, Street Drugs, and Alcohol Policy

Covenant Health strives to positively influence the health of Albertans by providing a tobacco free environment and promoting smoking cessation. Smoking is NOT allowed inside the hospital or on hospital property. We will offer tools to help you quit smoking including nicotine replacement therapy and behavioral counselling.

Smoking, using marijuana, using street drugs (e.g. cocaine, ecstasy) or drinking alcohol before or after your surgery will put you at higher risk for developing serious complications.

Smoking decreases the oxygen supply within your body that is needed for your wound to heal. It also makes it harder for you to clear mucous from your lungs and puts you at a higher risk for having lung complications, like pneumonia.

Using street drugs and/or alcohol affects how the anesthetic (medication used to put you asleep for surgery) works in your body. This can cause serious problems. Please discuss this with your surgeon.

Interpreter Services

AHS and Covenant Health have transitioned to using mostly phone and video interpretations, with in-person interpretation used only in limited circumstances.

Interpreters are trained to provide accurate, unbiased and confidential interpretation

Visitor Information

- Visiting hours are generally from 9 am to 9 pm on most units, but are subject to change. Patients and families are encouraged to maintain contact virtually.
- Washrooms in patient rooms are reserved for patients only. Family and visitors must use public washrooms.



- Children must be accompanied and supervised by an adult at all times.
- Covenant Health has a **scent free** policy. Please do not use scented products before or during your visit.
- In accordance with the Freedom of Information and Protection of Privacy Act (FOIP), information regarding your care will only be given to the person listed as your emergency contact on your admission sheet.

Telephone and TV Rentals

Telephones and TV's can be rented for most rooms. Information is available on your unit.

Wireless Internet Access



Wireless internet access is available to patients, families and guests on the complementary AHS “healthspot” wireless network.

The Pre-Admission Clinic (PAC)

Before your surgery, you may need an appointment with the Pre-Admission Clinic. This visit may be done by telephone, virtually or in person.

During your visit you will be asked to provide information about your general health and a history of your medical problems. You may talk with a nurse, pharmacy technician, anesthesiologist or other therapists.

Please have any lab tests, ECG or additional tests done in the community before you come to the Pre-Admission Clinic. Tests ordered by your surgeon can be reviewed during your visit.

Urgent tests, missing results or type and screen requirements, can be completed after your Pre-Admission Clinic appointment.

Your surgeon or their office staff may ask you to see your family doctor to get an updated history and physical. Please make the appointment(s) immediately, as there may be a wait to see your family doctor. Your surgeon's office may also ask you see an internal medicine doctor. They will make this appointment for you.



You will need to sign a consent for your surgery. Your surgeon/doctor will arrange this for you before you come to the hospital.

Before surgery, we will need your signed consent and an up to date history and physical (completed by your family physician or surgeon). You must also complete a database (personal health history) and any preoperative surgical orders.

Your Surgery Date and Time

You will be given your surgery date from your surgeon's office. Please write your surgery date and your surgeon's name on the front of this booklet.

You will receive a phone call from Same Day Admit or Surgical Day Ward to confirm your surgery time between 12 p.m. and 3 p.m. the day before your surgery.

If your surgery is on Monday, or a Tuesday following a holiday, you will receive a call the Friday before.

Preparing for Surgery

If you experience any of the following, tell your surgeon's office right away:

- **Flu, cough, fever, shortness of breath, sore throat, running nose, vomiting, diarrhea, fatigue, extreme exhaustion, loss or/change to sense of smell**
- **On isolation due to COVID contact, travel or awaiting COVID test result**
- **Open sores or skin infections**
- **Unforeseen personal circumstance**

Please be aware that your surgery may be postponed and rescheduled due to emergencies and/or unforeseen circumstances beyond our control. This could include hospital emergencies or your own illness.

If the surgeon decides that your surgery needs to be postponed, we will make every effort to reschedule without delay.

Your understanding and cooperation in this matter is greatly appreciated.



General Tips:

- Plan ahead and make sure everything is ready for you when you go home after surgery
- Quit smoking as far ahead as possible
- Stay active (walking is a great activity)
- Cut down or stop drinking alcohol as far ahead as possible. **Do not drink alcohol for 24 hours before surgery**
- Do NOT shave in the operative area for one week before your surgery. Shaving this area puts you at an increased risk of getting an infection
- If your procedure is a day surgery, you must have a responsible adult available to pick you up when you are ready. They must be able to stay with you for 24 hours after your surgery. This is for your own safety, in case of an emergency

What to Bring:

- Toiletries (including items for mouth care)
- Slippers
- Chewing gum
- Phone charger
- Your own empty water bottle
- Self-entertainment (iPad, Book, Crossword)
- My Goals of Care (green sleeve)
- A small bag for your belongings
- Any guardianship or legal documents
- All prescription medications in their original bottles
- If applicable, device to help with your breathing (CPAP or BIPAP)
 - ensure it has been cleaned and in working order

Do **NOT** bring:

- Money and credit cards
- Electrical items
(for example: hair dryers)
- Scented products
- Jewelry

We are not responsible for lost/stolen or damaged items



Your Medication List

Having your own medication list is important!

Carry a list of ALL of your current medication, including creams, patches, drops and over the counter medicines (e.g. cold medication and pain relievers), herbal supplements, vitamins and minerals. Tell your health care team about any allergies or bad reactions to medicine in the past.

How to create a medication list

Your medication list should include the following information for each medication:

- Name of the medication (e.g. Lipitor)
- How much you take (e.g. one pill or 20mg)
- What time of day you take it (e.g. morning, bedtime)
- How often you take it (e.g. twice a day)
- Why you use it (e.g. to lower cholesterol)
- How you take it (e.g. with food)
- What date did you start taking the medication (e.g. May 04, 2020)

Name of Medication	Dose/ Strength	How Much	How Often and When					Why I Take It	Additional Information	Date
			Morning	Afternoon	Evening	Bedtime	As Needed			
atorvastatin	20 mg	1 pill				✓		lower cholesterol	Dr. Goodheart	09-Jan-2015



Keep your medication list up to date.

It is a good idea to carry your medication information on your phone or you can download the MyMedRec app to:

- Create your medication list
- Send dose/refill reminders
- Store all family members' health information in one place
- Keep a list of vaccines received



Eating and Drinking

You may eat as you always do until 8 hours before surgery.

YOU MUST STOP EATING 8 HOURS BEFORE SURGERY.

You may drink **CLEAR** fluids (water, apple juice, cranberry juice, **black** coffee or plain tea with **NO** milk, cream or whitener) until 3 hours before surgery.

YOU MUST STOP DRINKING 3 HOURS BEFORE SURGERY unless otherwise instructed.

These instructions are for your safety, to prevent aspiration (food in your lungs). Aspiration is life-threatening.

Failure to follow these instructions could result in your surgery being cancelled.

Enhanced Recovery After Surgery (ERAS)

You will take an active part in getting ready for surgery and in healing after surgery. The Misericordia Community Hospital has made Enhanced Recovery After Surgery (ERAS) a part of your surgical journey to help you get better faster. It is based on international guidelines developed from extensive research.

ERAS uses a team approach and you are an important part of that team. You will be doing some of the work that helps you on your road to recovery. The effort you put into preparing for surgery and recovery will reduce the number of days you will spend in hospital after your surgery, as well as keep you healthy so you don't have to come back.

For more information about ERAS, visit www.albertahealthservices.ca/eras



The Night Before My Surgery

- You may brush your teeth and/or rinse your mouth
- Bathe or shower and wash your hair the night before or morning of surgery, and don't forget to clean your belly button
- Other preparations: _____

The Day of Surgery

- **DO NOT** wear makeup, nail polish, scents, jewelry or tampons
- Wear comfortable and loose-fitting clothing
- Brush your teeth well and/or rinse your mouth
- Be prepared to go to the operating room **without:** glasses, contact lenses, body piercings, jewelry, watch, dentures, partial plates, prostheses or a tampon
- We will discuss the option of being in a room with other patients who are male or female.
- **Except in special circumstances, family members are not permitted into the operating room and/or holding area**

Take all of your regular morning medications (*including chronic pain medications if prescribed*) with a sip of water EXCEPT:

Additional Contact Information from your Surgeon



During Your Surgery

The Operating Room

You will meet your surgeon and anesthesiologist prior to surgery. An operating room nurse will double check your surgical information and take you into the operating room. The anesthesiologist will use equipment to monitor your heart and breathing during your surgery.

Safe Surgery Checklist

We will complete a safe surgery checklist at 3 times: before anesthesia, before incision and before you leave the operating room. This ensures better communication between team members and enhances patient safety. We will ask for your name, date of birth, allergies and your surgical procedure (including the correct side). Team members will also check that they have all the supplies and equipment ready.

Anesthetics

You will receive either a general anesthetic or a spinal/nerve block by an Anesthesiologist.

- General anesthesia will keep you relaxed and asleep.
- Spinal/epidural or Nerve block anesthesia is a medication given by needle to numb the part of your body where you are having surgery. You will be awake but may also receive a medication to help you relax.

The Recovery Room

You will wake up in the recovery room. You will receive oxygen and may have compression stockings (special air-filled stockings) on your legs to help prevent blood clots. Nurses will monitor you and when you are ready, you will be taken to your nursing unit.



After Your Surgery

What to Expect After Surgery

- The length of your surgery and stay will vary depending on the surgery you have.
- Staff will check your blood pressure and pulse, look at the area of your body where you had surgery and ask you about your level of pain. This is done frequently when you arrive on the unit after surgery, and less often as you recover
- You will have a call bell to call for help if you need it

4 Common Questions After Surgery

1. After my surgery, can I drink?

- Most patients are able to drink after surgery. Ask your nurse if you are not sure.
- Do not force yourself to drink fluids. If you feel sick, let your nurse know.

2. How long do I need my IV?

- Your IV can usually be stopped after you are drinking well.
- Ask your nurse if you've had enough fluids to stop your IV.

3. When can I get up?

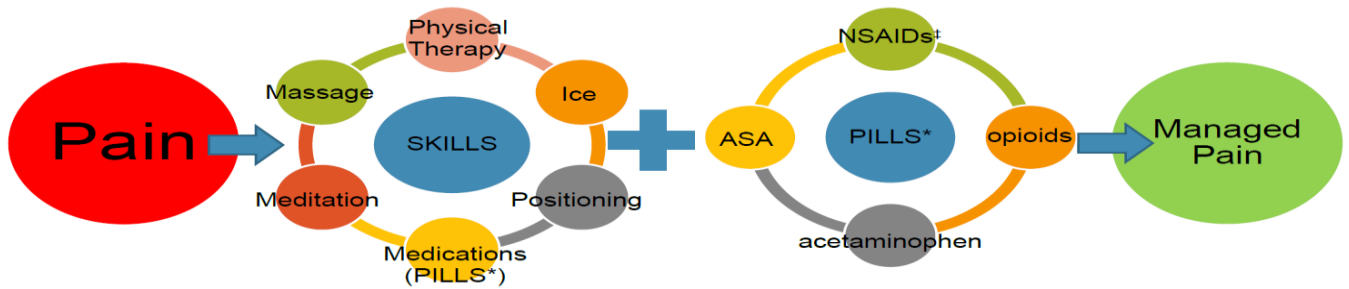
- Most patients can walk after surgery with help from a nurse.
- On the day of surgery, aim to take a **very short walk** or **sit in a chair**.

4. Can I eat today?

- Most patients are able to eat after surgery. Start with small amounts of food.
- Choose what you want to eat from your meal tray and don't feel you have to eat it all.
- If you start to feel sick, let your nurse know.
- Chewing gum after surgery has been shown to improve digestive function and recovery.



Managing My Pain and Nausea



- If you have any pain or nausea (upset stomach), let your nurse know. Your healthcare team will work with you to help manage your pain and nausea through a combination of skills and medication.
- Managing pain and nausea helps your recovery so you can move around, eat and drink, feel relaxed, and sleep well. Try to use some of the skills (positioning, meditation, distraction). If these are not enough to bring your pain or nausea to a functional level, let your nurse know.
- Your treatment plan uses a combination of skills and medications to manage your pain. Expect to have some pain after surgery, even when you take pain medication.
- Your nurse will ask you to rate your pain and nausea from 0 (no pain) to 10 (the worst pain). Set a functional pain goal – ask yourself **how much pain is realistic to expect for the activity I am doing?** Tell your nurse if your pain or nausea are stopping you from taking part in daily activities. Adjusting medication as needed can assist in your comfort.
- Some commonly used pain medications (opioids) have side effects such as drowsiness, nausea, and constipation (trouble having a bowel movement). These side effects can make you feel worse and lead to longer hospital stays.

0	1—2—3	4—5—6	7—8—9—10
No pain	Mild pain	Moderate pain	Severe Pain



Moving and Exercising After Your Surgery

When moving in bed, it is best if you can turn by rolling. It is important to move your knees, hips, and shoulders at the same time. This helps to prevent strain in the area of your surgery. If you have difficulty moving, the nurses will help you turn frequently.

Be active. Sit up in a chair and get out of bed as soon and as often as possible (unless otherwise directed by your healthcare team). The first time you sit up, have your nurse with you. Sit in a chair to eat meals.

It may be hard to move around right after surgery, but moving will help you heal faster. Moving soon after surgery can lower the chance of complications such as blood clots or an infection in your lungs (pneumonia). It also helps you to regain your muscle strength, helps your breathing and digestion and can decrease post-operative gas pain.

When you are ready to walk, your nurse will teach you how to get out of bed properly to not injure your surgical site.

For your safety, it's important to have a nurse or physical therapist with you the first time you get up. **Remember to wear proper footwear.** At first you may need some help. As you become stronger, you'll be able to move around more on your own. You may need to take short rests in between walks.

It's normal to feel dizzy and uncomfortable when you first get up. Remember to move slowly. If you have more pain or dizziness, please tell your nurse or physical therapist.

Try to walk in the hall several times a day. Take short walks at least 3 times each day and increase your activity as tolerated. Do not over-exert yourself.

Do not lift anything more than 10 pounds or do any heavy housework after surgery. The length of time to avoid these activities will vary. Be sure to check with your doctor.



Deep Breathing, Coughing, and Foot & Ankle Exercises After Surgery

Your nurse will teach you about three types of exercises to help you after your surgery:

- Deep breathing exercises
- Coughing exercises
- Foot and ankle exercises

It's important to practice deep breathing and coughing so that you'll be able to do the exercises below easily after surgery. These exercises will help your breathing, clear your lungs, and lower your risk of pneumonia.

Breathe deeply and cough every hour while you're awake for the first 2 to 3 days after minor surgery, and until the pain in your incision is gone after you've had major surgery. These exercises work better if you do them sitting up.

It's also important to move and change your position often. These position changes help to make your breathing and coughing exercises work better.

Foot and ankle exercises help your muscles to stay strong, reduce swelling, and prevent problems like blood clots.

Deep Breathing Exercises

Do these exercises every hour when you're awake.



1. Breathe in deeply and slowly through your nose, expanding your lower rib cage, and letting your abdomen move forward.
2. Hold for a count of 3 to 5.
3. Breathe out slowly and completely through pursed lips. Don't force your breath out.
4. Rest and repeat 10 times every hour. Rest longer if you become dizzy or lightheaded.



Coughing Exercises

It's best to do coughing exercises when you're feeling comfortable. Your healthcare provider will tell you if you shouldn't do the coughing exercises in this handout.



1. If you're lying on your back, bend your knees (if your surgeon says you can), and rest your feet on the bed.
2. Depending on the surgery you had, support your incision firmly with your hands or a small pillow before you try to cough.
3. Breathe in deeply and cough firmly. If you cough up some mucous, clear it into a tissue. Repeat the coughing until there isn't any more mucous. If you have a lot of mucous, you may need to take a break so you don't get too tired.

Foot and Ankle Exercises

Do these exercises every hour while you're awake.

A. Ankle pump

1. Pump your ankles up and down for 1 minute.
2. Relax both feet.
3. Repeat 5 times then relax.





B. Ankle circles

1. Circle both ankles; first to the right, and then to the left.
2. Repeat 5 times then relax.



C. If your surgeon says you can:

1. Bend each knee one at a time, sliding your foot up along the bed and then back down.
2. Repeat 5 times then relax.

If you have any questions about these exercises, please ask your physical therapist or nurse.

Preventing Blood Clots While in Hospital

A blood clot is usually a healthy and lifesaving way for the body to heal itself when injured. However, when a person isn't moving well, blood can pool in the legs and cause blood clots to form. This is called **venous thromboembolism (VTE)**. A blood clot usually happens in the lower leg, but can happen in any vein. There is a risk that part of the clot can break off and travel through the blood stream to the lungs, causing a **pulmonary embolus (PE)**.

To prevent blood clots, it's important to move often. Change your position every hour while awake, or as directed by your nurse. You may be prescribed medicine to stop blood clots from forming. You may also have stockings or Sequential Compression Devices (SCDs) on your legs. SCDs inflate and deflate to keep good blood flow in your legs.

You may be at risk if you:

- Have had an injury or trauma to your legs or head
- Have been in a hospital bed most of the time for the last 3 or more days
- Have a history of blood clots (or family history)



- Are having a surgery that is more than one hour long
- Are being treated for cancer or have cancer that isn't in remission
- Are pregnant
- Use a birth control pill with estrogen in it
- Weigh more than 120 kg or your BMI is greater than 35

Tell your healthcare team right away if you have:

- Chest pain, a cough, or shortness of breath.

If you have these symptoms after you are discharged from the hospital, **call 911 or have someone take you to the hospital right away.**

Preventing Pressure Injuries While in Hospital

A pressure injury, also known as a bed sore or pressure ulcer, happens when the skin is damaged as a result of unrelieved pressure. The damage may appear as a red area, blister (purple or blood-filled area), or open wound. The area may be warmer, swollen, or painful.

Pressure injuries can develop quickly. They can be difficult to heal, cause pain, infection and even death. Most pressure injuries are preventable and skin safety is important!

You may be at risk if you:

- Have problems changing position or have limited ability to walk
- Lie down for long periods of time
- Have reduced feeling or sensation (such as people with diabetes or spinal cord injuries)
- Are unable to hold urine or stool (incontinence)
- Have poor appetite, poor circulation, weight loss or severe illness

Tips for Preventing Pressure Injuries:

- **MOVE** often. Make frequent position changes and small body movements. Special bed surfaces can help prevent pressure related skin damage.
- **OBSERVE** your skin daily. Tell your health care provider or doctor if you notice any changes. If you can't see your skin, ensure someone checks your skin regularly for you.



- **VALUE** your skin. Keep it clean, dry, and protected. Protecting your skin also involves eating and drinking well. If you can't protect your skin yourself, ensure someone helps you.
- **EXPECT** to be cared for by a qualified team of health care professionals.

What you can expect from your health care team:

- Your skin will be assessed on admission and regularly for changes
- A mattress and cushion will be provided depending on your level of risk and skin condition
- We will help you with repositioning using correct equipment (e.g. sliding sheets) as needed
- Incontinence will be assessed and skin kept clean and moisturized
- We will look at your nutrition needs and help you eat and drink if needed. We may also offer supplements and snacks and refer you to a dietician.
- If you have an existing pressure injury we will develop a treatment plan for you and make referrals to assist in your care

Discharge From The Hospital

- Typically, the discharge time for surgeries that require a hospital stay is **9 a.m. on the day of discharge**. You can confirm your discharge time with your active care provider while in hospital.
- You must have a responsible adult pick you up when you are ready. They must be able to stay with you for 24 hours after your surgery. This is for your own safety, in case of an emergency.
- When you leave the hospital, you will receive discharge instructions from a nurse. We ask that a family member or friend listen to the instructions with you to help you remember what was said and to prevent confusion.
- Your doctor will tell you how active you can be. If you can, 4 or 5 short walks a day are important. Rest often for the first 48 hours. You will get tired for the first few weeks after surgery.



Checklist for Going Home

Before you are discharged from the hospital, your nurse will go through discharge teaching and instructions with you. This will include teaching you about:

- Signs of infection
- Wound care/dressing change/cast care
- Hygiene
- Diet and hydration
- Bowel and bladder
- Activity
- Pain management
- Prescription(s)
- Follow-up Appointments

Driving Instructions

You should not drive for 24 hours after receiving anesthetic. The length of time that you should not be driving after your surgery will be decided by your surgeon. Do not drive while taking pain medication.

Incision Care After Surgery

After surgery, you will need to take care of the incision as it heals. This can limit scarring, help you avoid pain or discomfort, and may help lower the risk of problems like infection. Your incision will become itchy as it heals. This is normal. **DO NOT** scratch it as this may delay healing and cause infection.

Your doctor used either stitches, staples, tissue glue, or tape strips to close the incision. You will need to keep the area clean, change the dressing according to your doctors'/nurses' instructions, and watch for signs of infection.

You may notice some soreness, tenderness, tingling, numbness, and itching around the incision. There may also be some mild oozing and bruising, and a small lump may form. This is normal and no cause for concern.



How to reduce the risk of infection:

- Ask your doctor how long you need to keep the area dry. Follow your doctor's instructions exactly.
- Look at the incision every day, checking for signs of infection.
- Change the dressing as your doctor/nurse recommends.

What NOT to do:

- Scrub or rub incisions
- Remove the tape strips (such as Steri-Strips) from incisions unless your doctor or nurse tells you to
- Use lotion or powder on incisions
- Expose incisions to sunlight
- Take a bath unless you can keep the incision dry. Instead, take showers or sponge baths until your doctor says it's okay to take baths. Before you shower, cover the dressing with a plastic wrap or use another method of keeping it dry

When To Seek Help

Call your doctor if you notice signs of an infection or other problems, such as:

- A yellow or green discharge that is increasing
- A change in the odour of the discharge
- A change in the size of the incision
- Redness or hardening of the surrounding area
- The incision is hot to the touch
- Fever
- Increasing or unusual pain
- Excessive bleeding that has soaked through the dressing



My Questions

Questions that I have after reading this booklet:

How to Find Answers to my Questions:

Pre-Admission Clinic.....	780-735-2905
Surgical Day Ward (Day Surgery)	780-735-2818
Same Day Admit.....	780-735-2684
Misericordia Community Hospital webpage	

MyHealth.alberta.ca

For additional resources go to www.myhealth.alberta.ca under “Health Information and Tools” to find information on the following topics:

- Health A-Z: general health information
- Healthy Living: resources for living a healthy lifestyle
- Tests and Treatments: easy to understand information about tests and treatments
- Medications: easy to understand medication information
- Find Healthcare: locating hospitals and programs in Alberta
- Health Alerts: health alerts provincially and around the world
- Patient Care Handouts: handouts and information on over 2600 topics related to care, anatomy and surgeries

Health Link

Call Health Link by dialing 811 for quick advice from a registered nurse 24/7. They will ask questions to determine the best care for you. **In a medical emergency, always call 911 or visit the nearest emergency department.**



This booklet was written by the staff of the Misericordia Community Hospital.



Compassionate Care led by Catholic values

Mission rooted in
150 years
of tradition

