

Pre & Post Surgical Care



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Dear patient, your health and wellbeing is our priority. Since you are going for surgery, please do follow certain instructions to enhance surgical care and recovery, because your role and involvement during home care is highly important.

Before your surgery:

- If you are a smoker, you should stop smoking at least 1 month before surgery. Smoking and nicotine will negatively affect the wound healing process
- On the night before surgery, it is recommended to have a shower with antiseptic liquid, which will help your skin to get rid of any organism contamination or colonization. Please don't hesitate to contact the health care provider for assistance
- Notify your doctor if you are suffering from any other medical condition such as diabetes, heart diseases, hypertension, liver or kidney diseases. Consultation with the specialty doctor is important, because it is required to control such conditions before the operation
- You should notify your doctor if you have any remote infection or septic focus
- Hair removal from incision site is not recommended, unless indicated by doctor & it will be immediately before surgery. On admission, in case it is required for hair removal from any other body part, consults with your health care provider





Caring for your wound after surgery:

- Take the medication as instructed by your doctor
- Keep your wound dressing closed, clean, dry and avoid touching the wound
- If your home care giver is going to handle the wound (change the dressing) as per doctor's order, adhere to the following:
 - Prepare the required sterile supplies for the new dressing
 - Wash hands with soap and water
 - Wear gloves & remove the old dressing
 - Replace the gloves by sterile one and rinse the wound with saline. Dry, then apply the antiseptic solution as instructed by your doctor
 - Cover the site, use the sterile dry gauze, or as per doctor's instructions

- Cross contamination from any body areas to the wound may occur, so focus on skin care & personal hygiene especially in the diaper area, perineal and groin area. Touching such areas should not be followed by handling the wound.
- Hand wash or alcohol hand rub is mandatory after touching such areas
- Good nutrition will help in wound healing and recovery
- Follow your doctor's instructions and make sure you don't miss your follow-up appointment
- Diabetic patients must monitor their blood sugar level as it has a great impact on the process of recovery. The same applies to all chronic conditions
- Notify your doctor if you develop fever, increased pain, discharge or bleeding at the surgical site
- Keep your surroundings, bed, and all items that come to contact with the wound clean and sanitized
- During wound healing phase, tub bath, swimming, contact with the household pets and smoking is not recommended

We wish you a speedy recovery