



FLINT

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McLaren Surgery & Endoscopy Center

501 S. Ballenger Hwy.

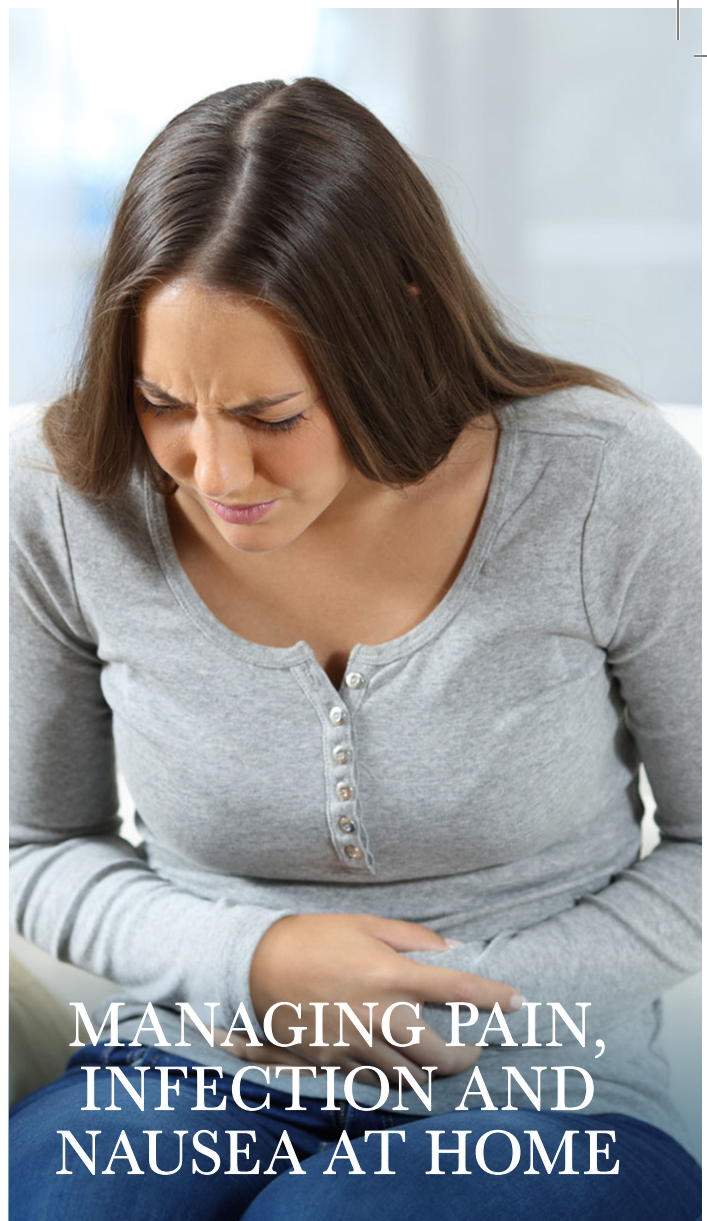
Flint, MI 48532

Phone: (810) 768-2044

Hours: 7:00 am to 4:00 pm

mclaren.org/cancer

M-1941 (5.19)



MANAGING PAIN,
INFECTION AND
NAUSEA AT HOME



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MANAGING PAIN

Please fill your prescriptions for pain medication and take the medicine as ordered by your doctor. Discomfort from your procedure is normal.

Contact your doctor if:

- You develop new or increasing pain
- You have severe pain that is not relieved by medication

What else can you do if you develop pain at home?

- Use ice packs for 20 minutes, 3 to 4 times a day
- Change positions
- Support your incision when getting in and out of bed
- Try stress reducers such as deep breathing, music, humor, and quiet visits from friends

NOTICING INFECTION

A surgical site infection is one that occurs after surgery on the part of the body where surgery took place. Most patients do not develop an infection. However, infections develop in approximately 2 out of every 100 patients who have surgery. Washing hands with soap and water is the most effective way to prevent surgical site infections.

Common signs and symptoms of infection are:

- Redness and severe pain around the area you had surgery
- Drainage of cloudy fluid
- Fever above 101°F using an oral thermometer

Stop Bleeding – If you develop excessive bleeding from your surgery site or area:

- Hold firm pressure for 10 minutes
- Notify your surgeon immediately if it does not stop

MANAGING NAUSEA

Nausea is one of the most undesired problems after the anesthesia and surgery process. We work to identify patients at risk for postoperative nausea. With your help, we can take steps to prevent and manage it so that you can have a more comfortable recovery at home. Please notify anesthesia if you have a history of nausea after surgery or procedures.

What can you do if you develop nausea at home?

- Try a cold compress to cool your forehead
- Avoid heat and humidity
- Certain scents have been known to help – essential oils like ginger or peppermint as well as rubbing alcohol
- Relax and try to sleep through the nausea period
- Eat bland, unspiced lean foods that are gentle on your stomach such as crackers, rice, toasted whole grain bread, and chicken without the skin

QUESTIONS

Write down any questions you have for your doctor or care team before you leave:
