



Dr. Hall's Hospital Discharge Instructions Following Abdominal Surgery

Activity

Proceed with your daily activities as tolerated but do not lift anything heavier than 10 pounds for 6 weeks. Walking following the operation is encouraged.

Diet

Eat a healthy and well-balanced diet. A separate instruction sheet will be provided if necessary.

Wound Care

The wound care is different for every type of skin closure that is performed. Please see below for instructions.

- **Surgical glue**
 - You may shower daily immediately. Do not submerge the wound in a bath for 2 weeks. No swimming for 2 weeks.
 - Wash the wound with regular soap and water daily.
 - No need to apply any ointments or lotions.
 - The surgical glue will flake off after several weeks. The sutures under the skin will dissolve.
- **Steri-strips**
 - Remove the top dressing in 2 days and shower. Do not submerge the wound in a bath for 2 weeks. No swimming for 2 weeks.
 - Wash the wound with regular soap and water daily.
 - No need to apply any ointments or lotions.
 - The Steri-strips will fall off after several weeks. If they have not fallen off in 2 weeks it is okay to remove them. The sutures under the skin will dissolve.
- **Permanent sutures (Sutures that need to be removed) or Staples**
 - Remove the top dressing in 2 days and shower. Do not submerge the wound in a bath for 2 weeks. No swimming for 2 weeks.
 - Wash the wound with regular soap and water daily.
 - It is okay to apply Vaseline to the wound once daily after showering. No other ointments are recommended.
 - Please follow up in the clinic in 7-10 days for suture removal or 10-14 days for staple removal.

Follow Up and Results

Follow up in our clinic as scheduled for a wound evaluation and to discuss any results. If there are any problems or questions after surgery, please call our office at (731) 422-0304.