



Home Care Instructions

Follow-Up Visit

- After your surgery, call **855-687-6227** to schedule an appointment (if one is not listed on your discharge paperwork).
- Our Columbus office is located in the Medical Office Building attached to Dublin Methodist Hospital
 - 7450 Hospital Drive Suite 350, Dublin, OH 43016.
 - For GPS systems, consider using the hospital's address of 7500 Hospital Drive, Suite 350 Dublin, OH 43016
- Our Cincinnati office is located at 2123 Auburn Ave, Suite 322 Cincinnati, OH 45219

What to Expect after Surgery

- Someone needs to stay with you for the first 24 hours after you are home.
- You may have tenderness, swelling, drainage and numbness at the incision site that can last for several weeks.

Wound Care

- Remove your surgical dressing 2 days after your surgery, unless you have been given other instructions.
- Do not shower. Take a sponge bath only and clean the area with soap and water and pat dry.
- Do not soak in a bathtub or swim until you are told otherwise. Do not let your incision or drains go under water.
- Wear your surgical bra except when bathing.
- For 2 to 3 days after your surgery, you may have small amounts of blood-tinged drainage at the incision.
 - Cover the site with a dry bandage.
 - Do not put anything on the incision unless your doctor gives you other instructions.



Home Care Instructions--page 2

Diet

- Advance from a light diet to your regular diet as tolerated.
- Your pain medicine may cause constipation. You may be told to take a stool softener.
 - If constipation continues, call the office to discuss your symptoms. You may need a laxative.

Medicines

- Take your medications as prescribed by your doctor.
- Do not take aspirin or blood thinners for 7 days after your surgery.
- Call the office during regular business hours if you continue to have pain and are running out pain medication. Our office does not refill prescriptions during evenings or weekends.

Smoking

- Do not smoke for 4 weeks before and for 4 weeks after your surgery.
- Nicotine gum or patches are not recommended.
- Smoking causes poor blood circulation and prevents healing.

Activity

- Do not lift more than 10 pounds for the first 4 weeks.
- Do not raise your arm above your shoulder for the first week.
- Light activity and walking is recommended as tolerated.
- Do not do strenuous activity or work out until you have talked with your doctor.

Call our office at (855) 687-6227 if you notice any of the following:

- New or increasing pain
- Redness, swelling, or drainage at the drain site.
- Fever above 100.5 degrees F
- A sudden increase in drainage amount (greater than 40ml's)
- Foul odor to drainage
- If there is no drainage or fluid is leaking where the tube leaves the skin
- If the drains falls out
- If you cannot clear clogs from the tubing.



Drain Care

- Drains promote healing by preventing blood and fluid from collecting at the surgical site.
- The drain site does not need to be covered, but you may use gauze and tape to cover the area.
- It is not critical if your drain falls out. Tape a gauze dressing over the drain site and call our office during daytime hours.
- A drain may be removed when the daily output is less than 30 ml per day over several days.
- Only one drain per area will be removed at each office visit.

Emptying your drains:

- Empty the fluid in the drain two times each day-- in the morning and evening.
 - Empty more frequently if the bulb fills quickly.
 - Record the amount of fluid that is emptied from each bulb on the drainage log.
 - Your drains will be labeled with a number if you have more than one, so be careful to accurately log the drain output according to the correct drain.
1. Wash your hands with soap and warm water.
 2. Notify our office if you notice redness at the drain site or a foul odor from the drainage.
 3. Un-do the safety pin holding the bulb to your clothes.
 4. Open the plug on top of the bulb.
 5. Turn the bulb upside down over an empty measuring cup.
 6. Squeeze the bulb until it is flat. While squeezing it flat, replace the plug.
 7. Re-clip the safety pin to your clothes at a point lower than where the tube leaves your body. Avoid kinks in the tubing.
 8. Measure the amount of drainage in milliliters (ml). Empty drainage in the toilet.
 9. Record the date, time, amount, and color of drainage output in the log.
 10. Wash your hands with soap and warm water.



“Stripping” the Drain Tubing:

- Your drain tube can get clogs or clots of blood that prevent fluid from draining to the bulb.
 - You can break up these clogs by “stripping” or “milking” the drain tube.
 - Use your fingers to squeeze along the length of the tubing
1. Hold the top of the drain tube firmly near where it exits your skin to prevent the drain from pulling out of the skin.
 2. Pinch the tubing firmly between your thumb and index finger of your other hand until it is flat.
 3. Slowly pull your pinched fingers down the tubing toward the bulb. Avoid damaging the tubing with your fingernails.
 4. You may need to stop and start in order to move the clog through the tube.

How often:

- Morning and evening
- Also :
 - If you see a clog blocking the tube
 - If fluid is draining from where the tube leaves your skin
 - If your skin feels spongy at the drain site.