

# Gynecologic Oncology

## Post-Surgery Checklist for Patients

Name: \_\_\_\_\_ Surgery Date: \_\_\_\_\_

Surgery Type: \_\_\_\_\_

If you do not have a family doctor/nurse practitioner or your family doctor/nurse practitioner cannot remove your staples/stitches, **please contact your Nurse Navigator at 705-728-9090 ext 43175.**

### Incisions

An incision site is where the skin has been cut for the surgery. As a general rule, keep your incisions clean and dry. You do not need to cover the wound unless we specify. After the surgery, the cut site is closed using stitches (also called sutures) or staples.

Depending on your surgery, you may or may not have stitches or staples. If you do, your family doctor can remove the staples or stitches 10-14 days after surgery.

Please see next page for more care tips.

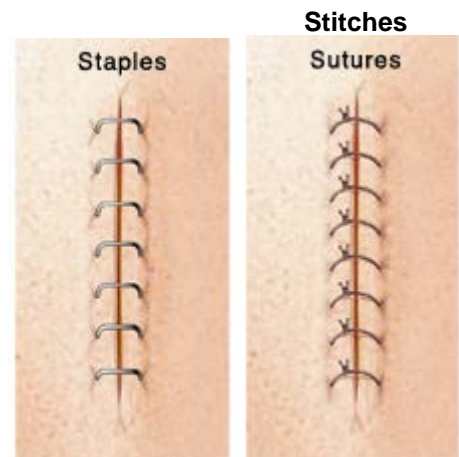


Photo credit: Mount Nittany Health

### Post-Surgery Complications

Contact your Nurse Navigator if you have:

- A fever, which is when your temperature is: above 38.3°C (100.9°F) OR above 38.0°C (100.4°F) for longer than an hour
- chills
- an opening in your incision site
- blood or fluid coming from the incision site
- pain, redness or warmth at the incision site

**If you cannot reach your Nurse Navigator or Surgeon, go to the Emergency Department closest to you.**

Please turn over for more details

## **Activities after surgery**

### **Driving**

Do not drive for 2-3 weeks after your surgery.

After this period, you are able to drive again when you are:

- no longer taking any narcotic painkillers (e.g. Percocet®, OxyContin®, Tylenol No. 1®)
- not having complications from your surgery (see above for list)
- able to sit in a moving vehicle without any pain or discomfort in the surgical area.

### **Exercise and sexual activity**

Avoid heavy/strenuous activity (such as weight lifting, pushing shopping carts) and sex 6 weeks after surgery.

Do not lift anything heavier than 10lbs (e.g. a bag of potatoes).

If you do have to lift something, use two hands when doing so.

Light exercise such as walking is ok. You are safe to walk up and down the stairs.

If you have any questions or concerns, please contact your nurse navigator.

### **Bathing and showering**

It is okay to take a shower after your surgery. Dry your incisions by using a soft paper towel. Dab lightly. Do not rub the incisions. Avoid taking a bath for 2-4 weeks.