



Division of General & Gastrointestinal Surgery

PATIENT DISCHARGE INSTRUCTIONS FOLLOWING

PANCREATIC SURGERY

DIET

- ✓ Before you are discharged, the nurse or dietician will discuss your diet.
- ✓ Most patients find a low-fat, bland diet are tolerated easily.

ACTIVITY

- ✓ Do NOT drink alcohol, drive or operate heavy machinery for at least 2 weeks after your surgery or while taking pain medication.
- ✓ Do NOT do heavy lifting (nothing more than a gallon of milk) for 6 weeks after your surgery
- ✓ Light activity (i.e. walking, office work, climbing stairs, etc.) as soon as you feel comfortable is fine. Sexual activity is fine as soon as you feel comfortable.
- ✓ You may feel fatigued for a few weeks after surgery. Take a nap when you feel tired. However, do NOT stay in bed all day. Make sure you walk around every two hours.
- ✓ Do NOT drive a car until after your follow-up appointment.

PAIN MANAGEMENT

- We will supply you with a prescription for a mild narcotic pain medication. You are not required to take it. If you do take it, please do not drive or drink alcohol as these in combination may make you drowsy. Alternatively, you may take Tylenol (acetaminophen) or ibuprofen (e.g. Advil) as needed.

MEDICATIONS

- ✓ Unless otherwise directed, you may resume your medications.
- ✓ If constipation occurs, Psyllium (i.e. Metamucil) is the best remedy (follow the directions on the package. Or you may wish to take an ounce of milk of magnesia.

INCISION CARE

- ✓ Gently cleanse the area around the incision daily with mild soap and water.
- ✓ Change the dressing daily to keep the incision clean and dry. When the incision is sealed over and dry, you will not need a dressing.
- ✓ You MAY take a shower, but avoid baths and saunas for 4-6 weeks after surgery.
- ✓ If you have a pancreatic drainage bag empty it every day. It is not necessary to record the amount of drainage unless your doctor has asked you to.

WHEN TO CALL YOUR DR.

- ✓ If you develop a fever $>101^{\circ}$ F
- ✓ If you have a lot of swelling or bleeding.
- ✓ If you have a sudden increase in wound drainage, especially if it is cloudy or has a foul odor.
- ✓ Persistent vomiting or diarrhea.

FOLLOW UP

- ✓ Please call the first business day after discharge to schedule a follow-up appointment.
- ✓ In case of emergencies, call your doctor's office. If the office is closed, contact the hospital operator at **(617) 726-2000** and have your surgeon or the surgeon-on-call paged.