

- If you require physiotherapy post surgery, your surgeon will instruct physical therapy/ rehabilitation department as to what exercises they should make you do.
- You will need to do your exercises without fail to achieve the expected outcome.

LEAVING THE HOSPITAL

- Your surgeon/ other treating doctors will keep a check on your condition/ recovery status periodically.
- Once your condition is stable enough to move out of hospital care, you will be allowed to go home.
- A discharge summary will be given to you along with medical/ medication instructions you need to follow.
- Your nurse will explain to you in detail as to what special care/ precautions you need to take at home.
- Your family/ bystander will also be briefed in detail as to how to take care of you.
- The follow-up consultation schedule will also be included in the summary, as per your surgeon's instructions.
- A detailed diet chart will also be provided.
- You will be given advise on how to continue with physiotherapy, if required.
- Please do not hesitate to clear all concerns/ queries before leaving the hospital.

RECOVERY AT HOME

It is very, very important to take good care of yourself at home to ensure that you recover well and return to normal life quickly. Remember, it takes time to recover after a surgery and you will need to follow all instructions carefully, without fail, to make sure that no complications arise.

- It may take 4 -6 weeks to recover completely.
- You may feel tired and weaker than usual, don't worry, it's normal.
- Your body is repairing itself during this period, so make sure that you give it good rest, good sleep, good nutrition and optimum movement.
- Take care of the wound well; lack of hygiene can lead to life-threatening infections.

PHYSICAL ACTIVITIES

- Do not do any heavy, laborious work till

you've recovered fully / get a go-ahead from your surgeon.

- Do not lift heavy objects.
- Refrain from active work like ironing, shopping, vacuuming, or driving.
- You can do non-strenuous work like washing dishes, cooking light meals, climbing 10 - 12 steps a day or taking short walks on flat/level ground.
- Do not run, jog or workout at the gym until your surgeon says it is ok to do so.
- You should seek advice from your doctor as to when you can resume having sexual intercourse.

BOWEL FUNCTION

- A normal bowel function is crucial for faster recovery.
- Avoid constipation and applying too much pressure.
- Drink at least 8 -10 glasses of water a day (please cross-check with your doctor).
- Eat fibre-rich food, comprising fruits, vegetables and whole grain.
- Follow the diet chart given at the time of discharge.

BATHING

- Keep yourself clean; take a shower everyday/ as advised.
- Make sure that the dressing covering the wound is kept clean and dry always.
- Do not let water retain on the wound/ dressing.
- Be careful when you step in and out of the shower.
- Seek help if you require.

INCISION CARE

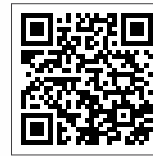
- Keep your wound clean and dry to prevent infections.
- You may experience some mild discomfort in and around the incision until the healing process is complete.
- Your doctor may prescribe a pain medicine if you are experiencing too much pain.
- You will be given specific instructions on how to take care of the wound. Please seek immediate medical help if you notice:
 - Increased redness around the incision area
 - Increased pain in and around the incision site
 - Swelling in your incision

- Oozing from or around the incision that looks/ smells like pus
- Bleeding from the incision
- Temperature above 100°F

Remember, never ever ignore any symptom as infections in the incision can lead to life-threatening conditions. So take good care of the wound, eat well and on time, drink plenty of water, move even if you are lying in the bed, take good rest and get

8 - 10 hours of sleep every night. You will recover even before you know it.

Get well soon!!



PLEASE SCAN FOR
THE LOCATION

Aster
HOSPITAL

We'll Treat You Well

Mankhool, Kuwait Road, Al Mankhool - Dubai

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DEPARTMENTS

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Dental Centre • Dermatology • ENT • General Surgery • Insurance
Internal Medicine • Laboratory Services • Neurosurgery • Ophthalmology
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SURGERY CARE

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DIGITAL VERSION

We understand how worrying it is when you are told you require surgery. However, if you have to undergo one, here are the things you need to understand, keep in mind and follow before and after the procedure, so that you are ensured the best possible outcome.

Remember, your doctor will suggest a surgery only if it is absolutely important or inevitable, after evaluating your health problem in detail and ensuring that you are fit to undergo the procedure. There will be a certain amount of stress, pain, discomfort and recovery time involved, but you'll be able to get back to your normal life soon if you take good care of yourself.

If you have any concerns/ queries regarding the surgery, please feel free to discuss the same with to your doctor.

PREPARING FOR THE SURGERY

- Here are the procedures and formalities you will need to undergo/ follow before the surgery.

CONSENT FORM

- Your surgeon will explain the details of your surgery, including the expected outcomes and possible risks. You will need to sign a surgery consent form that expresses your willingness to undergo the surgery.

- It is important that you understand the procedure, so do not hesitate to clear all doubts regarding the surgery with your surgeon.

TIME OF SURGERY

- You will be informed of time of your surgery in advance. If you are an inpatient or need to be admitted, you will be informed when exactly (date and approximate time) to report at Aster Medcity.

- If you are an outpatient (not admitted), same-day/ daycare or ambulatory surgery patient, you will be informed about your surgery schedule one day in advance.

TESTS/ INVESTIGATIONS

- You will need to undergo a series of radiology

and lab tests including blood check, ECG, X-Ray and scans so that your surgeon can plan the surgery with utmost precision.

- You will also need to undergo a physical examination/ evaluation and pre-surgery counselling if necessary.

BODY HAIR REMOVAL

- The body hair around the area of the incision will be removed to prevent infections.

FASTING

- You may not be allowed to eat or drink anything 6 - 8 hours before the surgery. This is called NPO or Nil Per Oral. It is extremely important to follow this as your stomach should be empty while administering anaesthesia.

- Eating/ drinking before the surgery against NPO advice can result in an indefinite delay or cancellation of the surgery.

SMOKING

- You should stop smoking at least 24 hours before your surgery. This is important to improve your breathing, blood circulation and decrease chances of breathing problems post surgery.

REST

- It is important to get a good night's sleep before your surgery. At times, your doctor may prescribe medications that will help you rest well before the procedure.

ANAESTHESIA

- All surgeries involve anaesthesia, which is basically putting you to sleep during the procedure (General Anaesthesia or GA) or not letting you feel the pain by administering anaesthetics through the spine (Spinal Anaesthesia). The type of anaesthesia that needs to be given depends upon the procedure you need to undergo and your health condition. Your anaesthetist will also explain all options to you in detail and ask you the following questions to make sure that the procedure is safe and problem-free.

- Do you have any allergies?
- Are you taking any medications?
- Have you ever been administered anaesthesia in the past?
- Do you or an immediate family member have/had issues with anaesthesia?
- If you are being administered general anesthesia, you may need to learn some really simple deep breathing and leg exercises to help prevent complications.

THE DAY OF YOUR SURGERY

GETTING READY

- On the morning of your surgery, you should brush your teeth (make sure you do not swallow any water) and bathe.
- Do not use any lotion, cream, powder, or deodorant on your body.
- Your nurse will help you get ready.
- You will need to wear the patient gown.
- Remove all fixtures including dentures, contact lenses, tampons, jewellery, hairpins, make up and nail polish.
- Prosthetic/ artificial limbs should be removed.
- All valuables must be handed over/ kept in safe custody of the family or bystander.
- Empty your bladder right before leaving for the surgery.

MEDICATIONS

- If you are an outpatient, ambulatory or same-day/ daycare surgery patient, do not take your daily medications before the surgery unless you are specifically instructed to do so.

You will be given an injection to relax and asked to remain in bed. It is normal to feel dryness in the mouth after being injected with the medicine.

WAITING AREA

- Your family/ bystanders will need to wait in the designated waiting lounge. Our coordinators will update them on the status of your surgery.

OPERATING ROOM

- You will be wheeled out of your room in a stretcher and be taken to the pre-op/ holding

area near the operating room. Our team will make sure that you are comfortable and relaxed; and ask you the following questions for safety reasons.

- Your name
- The surgery you are undergoing/ for what problem
- The part of your body that will be operated on
- You will then be shifted to the operating room and moved to the operating table.
- There will be a team of surgeons, anaesthetists, nurses and technicians in the operating room to take care of you.
- An intravenous (IV) needle will be inserted to administer fluids.
- Your vitals will be monitored and an oxygen mask placed over your face.
- If you are being administered General Anaesthesia, you will fall asleep immediately after the injection.
- Other types of anaesthesia will only numb only the area where the surgery will be performed, so that you don't feel any pain.

- Along with these anaesthetics, you will also be given medications that will make you drift in and out of sleep.

AFTER THE SURGERY

- You will be wheeled to the recovery room/ Surgical Intensive Care Unit (SICU) soon after the surgery.
- During this time, you will be woken up and the anaesthetist/ critical care expert will ensure that you are responding normally.
- The post-operative nursing team will closely monitor your vitals, the area where the surgery was performed and ensure everything is within the normal parameters.
- If you have been administered General Anaesthesia, you will be taken back to your room only after your anaesthetist and surgeon assess and ensure that you are fully ok.
- If you have been administered local anaesthesia, you may be taken back to your room directly.
- If it is an outpatient/ daycare surgery, your surgeon will let you know as to when you can go home.
- You will be provided a detailed discharge sheet with instructions you will need to follow at home.

FLUID INTAKE & OUTPUT

- It is important to keep a track of your fluid intake and output (urine), post surgery. All fluids given will be measured; and the amount of urine you pass will be recorded.
- A urinary catheter may have been inserted to collect the urine in the bladder and pass it to the drainage bag.
- Certain surgeries may also require insertion of drainage tube in the incision to help drain fluid and excess blood from under the skin.
- Some surgeries require insertion of nasogastric tube (NG tube – a tube that is put into the stomach through the nose for draining fluids from the stomach).

PAIN & ASSOCIATED DISCOMFORT

- There will always be some amount of pain and discomfort associated with the surgery. You will be given medication for pain management if required.
- If you have been administered General Anaesthesia, you may experience sore/ dry throat after the procedure. This is due to the insertion of breathing tube during the surgery.

INCISION/ SURGERY WOUND

- The incision made on your body will be closed with sutures (stitches), skin staples or clips.
- The area of incision will be well covered with sterile dressing.
- The surgeon/ nurse will periodically check how well the wound is healing and when the dressing needs to be changed.
- Sutures/ staples/ clips will be removed as per your surgeon's instructions.

DEEP BREATHING & COUGHING

- If you have been administered General Anaesthesia, it is important to practice deep breathing exercises to ensure that your lungs remain clear.
- These exercises involve using a device through which you can take deep breaths. You will be given clear instructions on how to use this device.
- There might be a tendency to cough after taking deep breaths; coughing brings out the mucus.
- Your nurse will show you how to support your incision when you cough so that there's no pain or discomfort.

- You must avoid smoking during the recovery period to prevent breathing problems.

BLOOD CIRCULATION & MOVING AROUND

- It is crucial to ensure normal blood circulation in your body, for which you need to keep moving.
- Your nurse will help you get out of the bed and move around. You can also seek help from your bystander.
- Do not get up on your own, as it may prove dangerous (falls/ slips may occur).
- While resting in the bed, make sure you change sides and keep your limbs moving.
- You will be encouraged to do leg exercises (pointing your toes, pulling your toes toward you, making circles with your feet), if your condition permits.
- Your surgeon may ask you to wear support stockings to help blood circulation.

FOOD & NUTRITION

- A good diet is an extremely important component in recovery. However, what you can eat and drink after the procedure will depend upon the nature of the surgery.
- The first meal post surgery will comprise liquids.
- Later, if you are able to tolerate liquids, solid food will be added to your diet as prescribed by your surgeon/ dietician.
- At times, patients are not permitted to eat or drink anything for a prescribed period of time, post surgery. In such cases, optimum nutrition will be provided through drips.
- You will be provided a personalised diet chart created by our dietician.
- Your prescribed diet will comprise foods that contain all essential nutrients to ensure a good recovery.
- It is extremely important to eat on time to stay healthy and prevent stomach problems.
- Food for the patient will be served separately.

PHYSICAL REHABILITATION

- Some patients may require physical rehabilitation/ physiotherapy to regain mobility.