



### **Postoperative Instructions for OPEN WOUND/OSTOMY//VAC**

See your doctor in 7-10 days for a postoperative check

\*WHEN YOU COME FOR YOUR APPOINTMENT, PLEASE BRING EXTRA OSTOMY SUPPLIES/VAC SPONGES/OR WOUND CARE ITEMS, AS WE DO NOT HAVE THESE AT OUR OFFICE.

Please call our office at 602-995-0822 to schedule the appointment

- Most patients will be discharged with home health; they should establish care and examine your wound within 24 hours of discharge
- Perform care of your wound or ostomy as directed by the doctor and home health nurse.
- You may shower, even with an open wound, unless otherwise specifically directed by your doctor
- No swimming or bathing until wounds are closed; it is okay to swim with an ostomy device
- Do not lift anything over 15 lbs for 6 weeks
- Ambulate frequently and stay active
- Percocet prescription or alternative supplied
- No aspirin for 10 days
- No alcohol or driving while taking a narcotic

Per office policy we do not fill narcotic prescriptions after hours or on holidays. The after-hours and on-call surgeon does not know your case and will not provide you with a narcotic prescription. Please call the office prior to noon the last day of the business week in order to get a refill prior to the weekend. Thank you for your understanding.