



Presbyterian Heart Group Surgeons

201 Cedar SE #7600
Albuquerque, NM 87106
(505) 563-2500
1-800-734-4278

Pediatric Cardiology of New Mexico

201 Cedar SE #700
Albuquerque, NM 87106
(505) 848-3700
1-800-613-2179

PEDIATRIC DISCHARGE INSTRUCTIONS

Patient Name _____ **Discharge Date** _____

Follow-up Appointments:

Cardiologist, Dr. _____ on _____ time _____, phone # 505-848-3700
Surgeon, Dr. _____ on _____ time _____, phone # 505-563-2500
Pediatrician, Dr. _____ on _____ time _____

Medications:

Name	Use	Dose	Times-a-Day

Wound Care:

- ♥ For infants, only a sponge bath for TWO WEEKS. Use a mild soap. Wash the incisions gently, rinse and pat dry. For toddlers and older children, a shower daily with antibacterial soap (Dial® or Safeguard®) is best. Do not soak the incision in water. A shallow bath is okay.
- ♥ The steri-strips (tape over the incision) should fall off in 7-10 days. It is okay to get the tape wet. If the edges of the steri-strips are curling and they have not come off in one week, you can gently remove them.
- ♥ No powders, lotions, oils, ointments on the incisions for two weeks. Do not cover the incisions with a dressing or bandage unless there is oozing from the incision.
- ♥ Your child may have Dermabond adhesive on the incision. Wash the incision with soap and water and this adhesive will eventually flake off.

Special Instructions:

- ♥ No swimming for _____ weeks.
- ♥ Wash hands frequently (parents and children).
- ♥ Children may return to usual activities if they feel well enough.
- ♥ Do not expose incision to direct sunlight. Use clothing and sunscreen to protect incisions for up to one year after surgery.
- ♥ DO NOT pick at the scabs or incisions.
- ♥ Call the SURGEON at 563-2500 or 1-800-734-4278 if the incisions become red, swollen, tender, if drainage occurs or the child has a fever of greater than 101°.