

AFTER YOUR THORACOSCOPY SURGERY INSTRUCTIONS

You are now ready to leave the hospital. Here are the recommended guidelines for your use at home. If you have any questions, you may contact the office at the numbers below.

ACTIVITY

- a. Please avoid heavy lifting and straining for two weeks after your surgery.
- b. You may drive one week after your surgery.
- c. Increase your activities to normal as you feel able. Please walk twice daily, outdoors is best.
- d. Continue exercising your arms as you were taught in the hospital.

BATHING AND INCISION CARE

- a. Shower daily.
- b. Use mild antimicrobial soap (Dial[®] or Safeguard[®]) on incisions. Wash gently and pat dry.
- c. The tapes (steri-strips) that may be over the incision should curl and fall off in one week. It is fine to get them wet. If they have not fallen off in one week, you may remove them.
- d. Ointments, lotions, powders, salves, etc. slow the healing of the incision and increase the possibility of infection. Please do not use anything except soap and water unless instructed by the surgeon's office.
- e. All bandages may be removed and left off. Cover the incision only if there is oozing.
- f. You may have Dermabond adhesive on your incision. This adhesive will flake off after washing.
- g. Call the SURGEONS at 563-2500 or 800-734-4278 if the incision becomes red, swollen, or tender, drains, or you have a fever of 100.5°.

MEDICATIONS

- a. You will be given a separate sheet listing your medications.
- b. A variety of discomforts and aches may be present for several weeks. Two tablets of Tylenol[®] every 6 hours can be used. Pain medication may be prescribed at the time of discharge.

We are pleased to answer your questions or discuss your condition with other health care professionals.