

Follow-up

Call the hospital below for a follow-up appointment in:

- No follow-up required
- 10-14 days
- 4 weeks
- 6 weeks
 - Hôpital Charles-Le Moyne outpatient clinics**
 - Hôpital du Haut-Richelieu outpatient clinics**

Contact information

Hôpital du Haut-Richelieu

920 boulevard du Séminaire Nord

Saint-Jean-sur-Richelieu (Québec) J3A 1B7

Outpatient clinics

Tel.: 450-359-5000, ext. X and ask for the appointment centre

Hôpital Charles-Le Moyne

3120 boulevard Taschereau

Greenfield Park (Québec) J4V 2H1

Outpatient clinics

Tel.: 450-466-5000, ext. 5054

Production

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Version: September 2023

Print code: 5016A



Abdominal surgery

Information brochure

You've had abdominal surgery

- Removal of a buried peritoneal dialysis (PD) catheter
- Removal of a subcutaneous venous catheter (Port-a-Cath)
- Umbilical hernia repair

General instructions

- After getting home, apply ice to the surgical site for 15 minutes, several times a day, or whenever you feel pain, as tolerated.
 - Wrap your ice pack in a washcloth to prevent it from touching your skin directly.

For the first 7 days after surgery

- Avoid straining.
- Avoid getting the incision wet.
- Avoid applying cream or lotion to the incision.

For the first 14 days after surgery

- Avoid strenuous exercise.
- Avoid baths, hot tubs and swimming pools.

In case of pain

- Some pain is normal, especially in the first few days after the surgery.
- If you experience pain, you can take two (2) 500-mg acetaminophen (Tylenol®) tablets every 6 hours.
- If your health permits, you can also take two (2) 200-mg ibuprofen (Advil®) tablets every 6 hours.
 - If the pain persists, you can take the stronger painkillers prescribed by your surgeon.

Restarting your usual medication

- You can start taking your usual medication again immediately after the surgery. However, do not take any medication that contains aspirin, unless instructed otherwise by your surgeon.

Wound care

- Remove the dressing on: _____
- Remove the wound closure strips on: _____
- Have the sutures removed on: _____

Things to watch for

If you notice any of the following signs, go to the Emergency department:

- Bleeding from the wound more than 24 hours after surgery.
- Pain at the surgical site that is not relieved by medication.
- Signs of infection in the wound: redness, swelling, heat, yellowish or greenish discharge, or a fever of 38 °C (100.4 °C).
- Opening of the wound.
- Inability to urinate for more than 8 hours.