

Lake of the Woods District Hospital

21 Sylvan Street

Kenora, Ontario

P9N 3W7

Telephone (807)468-9861

Did your doctor tell you that you have developed an
infection related to your surgery?

If YES, please call the Infection Prevention Control
office at LWDH

(807) 468-9861 extension 2362

Thank you for helping us ensure quality care.

**DISCHARGE
INSTRUCTIONS
FOR
AMPUTATION**

1. Consume a diet high in protein to promote healing (if able to). If you feel uncomfortable, stay on clear fluids until the feeling passes. If nauseated, avoid milk products until settled.
2. Increase intake of fluid and fiber to avoid constipation. Laxatives may be used for constipation but please discuss with your surgeon first.
3. Restrict your activity and rest for the remainder of the day. Resume activity as tolerated and as directed on the days following your procedure.
4. You can leave your incision exposed to air or cover with a light dressing for comfort. Wrap your stump with a tensor bandage as instructed to do and as demonstrated by physiotherapy. This tensor bandage will assist with the shaping of your stump should a prosthesis be considered.
5. Resume medications as before your procedure unless otherwise advised.
6. Take your prescribed pain medication as directed for discomfort.
7. Mobilize with crutches or walker as instructed by physiotherapy. Be sure safe practices are followed.
8. If steri-strips are still in place, or your incision is not well healed and still requires dressing changes, avoid tub bathing. You may shower. When showering, avoid saturating the incision with water. Always pat the incision dry.
Avoid use of soaps, lotions and powders.
9. If you have steri-strips along your incision, they may be removed in one (1) week.
10. Your physician will advise you when you may return to work.
11. Please ask staff about supports that may be available for you, such as home care and other supportive services.

If you have been given anesthesia or sedation;

- Do not drive or operate machinery for 24 hours.
- Do not make important decisions or sign any important documents in the next 24 hours. Do not plan any activities that require complex thought or coordination for 24 hours.
- Do not consume alcohol, tranquilizers or sleeping medications for the next 24 hours.
- Sedative and narcotic medicines given during a surgical procedure may linger for hours. You may feel dizzy for several hours afterwards.
- **You must have an adult with you tonight at home.**

Go to an Emergency Department if any of the following occurs:

- Persistent nausea or vomiting not relieved by over the counter medications.
- Persistent pain not relieved by prescribed medications.
- Redness, swelling or drainage of pus from incision
- Fever and/or chills (38°C or 100°F)
- Unusual cough or shortness of breath

FOLLOW-UP

Make an appointment to see Dr. _____

in _____ Phone Number _____

If you have any questions, please do not hesitate to call your doctor.

Special Instructions: _____
