

# Opelousas

GENERAL HEALTH SYSTEM

*Our Family Caring for Yours*

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[www.opelousasgeneral.com](http://www.opelousasgeneral.com)

# Managing Pain

Please fill your prescriptions for pain medication and take the medicine as ordered by your doctor. Discomfort from your procedure is normal.

Contact your doctor if:

- You develop new or increasing pain
- You have severe pain that is not relieved by medication

## What else can you do if you develop pain at home?

Other techniques to improve your comfort at home:

- Use ice packs for 20 minutes 3-4 times a day
- Change positions
- Support your incision when getting in and out of bed
- Try stress reducers such as deep breathing, music, humor and quiet visits from friends

# Noticing Infection

## Common signs and symptoms of infection are:

- Redness and severe pain around the area you had surgery
- Swelling in the area
- Drainage that is not clear
- Fever above 101°F using an oral thermometer

## Stopping Bleeding

If you should develop excessive bleeding from your surgery site or area:

- Hold firm pressure for 10 minutes
- Notify your surgeon immediately if it does not stop

# Managing Nausea

What can you do if you develop nausea at home?

- Try a cold compress to cool your forehead
- Avoid heat and humidity
- Certain scents have been known to help: essential oils like ginger or peppermint as well as rubbing alcohol
- Relax and try to sleep through the nausea period
- Eat bland, unspiced, lean foods that are gentle on your stomach. Examples include crackers, rice, toasted whole grain bread and chicken without the skin