After abdominal surgery

You have had surgery in your abdominal area. These instructions explain how to care for yourself and how to best recover from the operation.

**Wound care**
You may shower the wound as normal when washing yourself. You can go to the sauna, take a bath or swim once the stitches or staples have been removed.

If you develop a fever or symptoms of an infection in the wound area, contact the ward or your local health centre. Symptoms of infection include:
- increasing pain
- warmth
- redness
- swelling
- a foul-smelling discharge.

**Stitches**
Make an appointment to have your stitches or staples removed at your local health centre. The stitches will be removed on ______ / ______ 20_____

**Wound pain**
Use the pain medication prescribed by the doctor, as instructed. If necessary, you may use painkillers available from a pharmacy without prescription.

**Physical activity**
You may increase your physical activity gradually, according to how you are feeling. Heavy physical exertion, stretching and lifting objects weighing more than 3 kg is forbidden
- 1 week after laparoscopic surgery
- 3 weeks after open abdominal surgery.

**Sick leave**
Based on the type of procedure you had, the doctor will decide how much sick leave you need and will write a sick leave certificate.

**Contact information**
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