

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

Surgical ward 3
tel. 02 627 6230

Satasairaala Satakunta Hospital District,
tel 02 627 71

[On this website, you will find the instructions we use in the Satakunta Hospital District](#)
www.satasairaala.fi