

How I should care for my incision

If I had a chest tube

- If there is a bandage, I can take it off when I get home.
- My family doctor or surgeon will take out the stitch where the chest tube was taken out in 7-10 days.

If I have steri-strips (small strips of tape on my incision)

- The steri-strips should fall off on their own in 7-10 days.
- If they haven't fallen off on their own, I can gently take them off in the shower after 10 days.

If I have staples

- My surgeon or family doctor will take out my staples after 10-14 days.

If I have a little bleeding

- I should clean my incision with warm water in the shower, dry it with a clean towel, and cover it with a Band-Aid.

My notes and questions

How my activities will change

Showering

- I can shower 48 hours after my surgery.
- I can let soapy water run over my incision, but **I shouldn't** rub my incision.
- **I can't** have a bath, go swimming, or use a hot tub until I talk to my surgeon.
- **I shouldn't** use any creams on my incision unless I have talked to my surgeon.

Exercise and physical activity

- I should practice deep breathing to keep my lungs healthy.
- I should be active to help me gain strength and feel better.
- I should go for walks often, but I should take a break when I need one.
- If I had camera surgery, **I can't** lift more than 10 pounds for 2 weeks after my surgery.
- If I had open surgery, **I can't** lift more than 10 pounds for 4-6 weeks after my surgery.

My medications

- I was given a list of medications I need to take.
- I was told why I need to take my medications.
- I was told about the side effects of my medications.

My appointments

- I was given a list of my appointments.
- Someone reviewed my list with me.
- I was told about the automated phone call.

Where I can go for more information

For information about...	I can call or go to...