

To help you recover, the following information is recommended for wound care:

- Try to rest whenever possible
- If the wound begins to bleed through the dressing, apply pressure to the wound for 15 minutes
  - Contact your primary-care provider (or Health Links-Info Santé) if the bleeding does not stop within the 15-minute period
- Keep the incision clean and dry
  - If your dressings become wet or dirty – or if the dressing becomes loose and no longer covers the incision – remove the dressing and apply a new one. Many types of dressings are available from your local pharmacy
- Keep the operated limb elevated on a pillow to reduce swelling
- Your doctor may prescribe a pain reliever, which you should take as directed. If the pain is not well controlled, please contact your primary-care provider

**IF YOU EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS:** please contact your primary-care provider. If you cannot reach your primary-care provider, please proceed to a walk-in clinic or the nearest Urgent Care centre.

- After several days, the pain increases in the surgical area
- Area directly surrounding the incision is warmer to the touch than the rest of your skin

- Drainage from the incision is smelly (pus), or an increase in the amount of fluid
- Changes in the colour (e.g. redness) of your skin around the incision, especially if the redness spreads more than 1.3 cm around the wound
- Fever / chills
- Loss of feeling (numbness) or loss of use of the surgical area
- Swelling or puffiness around the incision

If you have any questions or problems, please contact your primary-care provider. You may also call Health Links-Info Santé at 204-788-8200 (toll free: 1-888-345-9257).

**OTHER INFORMATION:** \_\_\_\_\_

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