

## Watch for Infection

Most patients do not get an infection, but it can happen.



**Call your provider** if you have

- Redness or severe pain at the surgery site
- Swelling in the area
- Drainage that is not clear
- Fever over 101°F (oral thermometer)



### Care Tip

If you have a dressing over your procedure site, you may remove it after 24 hours, unless your doctor tells you something different.

## Contact Information

### West Bank Clinic

- Open 8:00 am – 5:00 pm
- 504-392-3131

During clinic hours, please call us at the number above or leave a message in your MyOchsner portal **for non-urgent needs**.

After hours, please contact Ochsner On Call at 504-842-3155 **for urgent needs**.

For more information, refer to the packet of instructions given to you at discharge.



## Managing Symptoms at Home After Your Procedure



1-866-OCHSNER | [ochsner.org](http://ochsner.org)

This document was created by Ochsner Patient Education.  
All Rights Reserved. Item: #BRO-104. Revised: 10/2025.



# Managing Pain, Nausea or Bleeding at Home

These tips can help you recover safely after your outpatient procedure. Be sure to follow your doctor's specific instructions.



## Pain

Some discomfort after your procedure is normal. Take your pain medicine exactly as your doctor prescribed it.



### When to Call

- You have new or worsening pain
- You have severe pain that is not relieved by medicine

### Ways to ease pain at home

- Use ice packs for 20 minutes, 3–4 times a day.
- Change positions often.
- Support your incision when moving in or out of bed.
- Try calming activities like deep breathing, music, gentle humor, or quiet visits with friends.



## Nausea

Some patients feel sick to their stomach (nausea) after anesthesia or surgery.



### Tell Your Team

Let your care team know if you often have nausea after procedures so we can help prevent it.

### Ways to ease nausea at home

- Use a cool compress on your forehead.
- Avoid heat and humidity.
- Sniff scents such as peppermint, ginger, or rubbing alcohol.
- Rest or sleep until the nausea passes.
- Eat bland, gentle foods such as crackers, rice, dry toast, or skinless chicken.



## Bleeding

It is normal to have some light bleeding. If bleeding is heavy, hold firm pressure on the area for 10 minutes.



### When to Get Help

If heavy bleeding does not stop, get emergency care right away by calling 911 or go to the nearest Emergency Room.

### Questions? Write them down here.

---

---

---

---

---

---

---