

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



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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

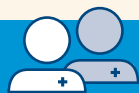
Ways to ease pain at home

- 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.
