

After Surgery Tips – Should You Seek Medical Assistance or Not?

by John Demas on 06/30/10 at 10:04 am

Even before you have your surgery, find out what the possible outcome will be. It is better to be aware than to be surprised. Usually doctors will breeze through the explanation, but you can persist if you ask the right questions. In fact, it is your responsibility to ask as many questions about the medical procedure, your post-operative care and any other issues to satisfy your curiosity and get the information you need. In this article, we'll share with you with some hot "after surgery tips" and some advice on whether you should seek medical assistance while healing.

Inform your surgeon what medications you are taking so that he can prevent possible ill effects from a incompatible combination of drugs.

After surgery, if you feel any pain or fever (100 or higher), contact your physician even before the scheduled appointment date. In most instances, your doctor has probably already prescribed pain medication, but if the pain persists or gets worse, he may have to adjust the dosage. In some instances, he may even tell you to proceed to the nearest clinic or hospital for "urgent aid" or "further evaluation".

Whatever you do, do not panic if you feel pain. There will be expected pain depending on your surgery. For some, if the surgery was an appendectomy or caesarian section, laughter and slight movement will cause discomfort or pain. For back surgery, you may even experience some degree of muscle pain and spasms. Unfortunately, people have different pain tolerance levels, so there is really no way of knowing how effective the pain prescription will be until you start feeling the pain.

In addition, there are many cases when post operation drugs have caused side effects like nausea or constipation. Some additional symptoms to watch are hives, swollen mouth, etc. All of these are quite serious and you must seek assistance immediately. Before you stop taking your medicine because of any side effects, consult with your doctor first.

Whether you are still in the hospital or at home, if you have concerns, contact your physician. You are your best advocate and you know yourself best. Plus, you do not always have the luxury of time because once an infection sets in, it will likely complicate your condition and lead to longer heal times.

You should also try to time your pain. If it comes every hour, then that is not good. This means your prescription and dosage is insufficient. You should also figure out what kind of pain it is you are feeling – sharp, dull, or numbing.

Pain is not the only problem you will encounter after surgery. There is also the immobility and post surgery care. Some doctors may recommend a nurse to be with you at least for the first 48 hours after you leave the hospital. The nurse or midwife can help you ease back into your life, and monitor your condition at the same time.

If you live alone, you should definitely consider prompt medical assistance. However, if you have a family to lean on, you can opt to have a nurse visit you once or twice a day – just to make sure your wound is healing properly, and you are getting the right attention and care. After surgery, you must let your body recover, so allowing someone to help you is part of the process. The sooner you recover, the sooner you can get back on your feet.

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