

Potential Postoperative Complications

To Avoid Constipation:

- Drink at least eight glasses (8oz) of water daily, avoid drinking a lot of water before bed though to prevent getting up in the night
- Eat 2-3 servings of fruit a day; fresh fruits with the skin on are preferred to get the fiber needed
- Take the prescribed stool softeners (as long as you are taking the pain medications)
- Walk as much as you can tolerate during your recovery time
- Contact your provider if you have not had a bowel movement 2-3 days after you arrived home from the hospital. **Call 920-725-9373** and ask for your care team nurse.

Blood Clots in Your Legs:

When you have surgery, your body is at risk for blood clots in your legs. Blood clots are caused by slow circulation. You may be admitted to the hospital and prescribed blood thinners if a blood clot has developed. Your provider may put you on a medication during your stay that will help prevent blood clots— this will depend on your history, your type of surgery and your length of hospital stay. The SCD (leg pumps) that are used during your stay help prevent blood clots as well.

Signs of a Blood Clot in your Leg:

- Swelling in the ankle, calf or thigh that doesn't improve with elevation
- Leg is hot to touch
- Heat, pain and tenderness in the calf, groin area or back of leg

Prevention of Blood Clots:

- Early and Frequent Walking
- Sufficient Hydration
- Performing Foot/Ankle Pump Exercises
- TEDS and/or SCDs (leg wraps)

