

HELPFUL HINTS

If you experience:

PAIN:

- ◆ Medications as prescribed
- ◆ Over-the-counter pain relievers
- ◆ Ice
- ◆ Elevate
- ◆ GI Patients— walk to relieve gas

BLEEDING:

- ◆ Apply pressure
- ◆ Reinforce dressing
- ◆ Elevate
- ◆ Monitor for increase in amount

NAUSEA & VOMITING:

- ◆ Ginger Ale
- ◆ Crackers
- ◆ Avoid spicy foods
- ◆ Avoid heavy meals

SIGNS OF INFECTION:

- ◆ Fever
- ◆ Swelling
- ◆ Heat
- ◆ Drainage

Notify physician if symptoms persist.

If you experience a medical emergency call 911.