

Home Care after HIPEC Surgery

Your surgeon's office phone number:

When is my follow-up appointment?

When you leave the hospital, your care team will set up a follow-up appointment with your surgeon. The appointment will be about 7–10 days after you go home.

How do I take care of my surgery site?

Your surgery site may have staples or small bandages called Steri-Strips to hold the incision closed as it heals.

- Do not take off the Steri-Strips. They will come off on their own.
- You can wash the wounds gently with soap and water. Do not scrub.
- You may use gauze pads to soak up small amounts of fluid coming out of the wounds. If you have to change the gauze more than three times in 2 hours, call your surgeon's office.

What activities am I allowed to do?

Keeping active is important after you go home. Start normal activities as soon as you feel able to. Be careful and start slowly, but do not let small pains keep you from moving.

- Do not lift more than 8 pounds for 6 weeks after surgery. One gallon of milk weighs about 8 pounds.
- You can shower, but do not take baths, swim, or sit in hot tubs until your wounds are fully healed. This takes about 4 weeks. You can wash the wounds gently with soap and water. Do not scrub.
- Do not drive for at least 4 weeks after the surgery. Do not drive while you are taking prescription pain medicines.

When to call your doctor

Call your surgeon's office if any of these happen:

- Your temperature is higher than 101.5°F.
- Your belly feels bloated, tender, or hard.
- You can't eat or drink.
- You urinate less than usual, or not at all.
- You have trouble passing a bowel movement or gas.
- You have to change the gauze pads soaking up fluid from your wound more than three times in 2 hours.
- You have chest pain.
- An arm or leg feels warm and painful, or becomes swollen and red.
- You have nausea or vomiting that medicine does not help.
- Your pain medicine does not help within one hour of taking it.

What helps with side effects of HIPEC?

Pain

- Your doctor will give you a prescription for pain medicine when you leave the hospital. Follow the instructions for taking this medicine.
- Talk with your care team about over-the-counter pain medicines. You may take them as directed between your prescribed pain medicines.
- Do not take more than 3,000 mg of acetaminophen (Tylenol) in a day. Some of your prescribed pain medicines may have Tylenol in them. If you also take over-the-counter Tylenol, ask your pharmacist how many pills will be under 3,000 mg in a day.
- Call your surgeon if your medicines do not keep your pain under control.

Constipation

- Take stool softeners as directed.
- Drink enough liquids so that you are not thirsty and your urine is light yellow or clear.
- Do more activities such as walking.

Dehydration

- Drink enough liquids so that you are not thirsty and your urine is light yellow or clear.
- Carry a bottle of water with you all the time for the first 4 weeks after surgery.
- Drink small amounts often.

Diarrhea

- Watch for diarrhea. Changes from the surgery or an infection may cause it.
- Call your surgeon’s clinic to talk with the nurse if you have loose, watery stools for more than 24 hours.

Loss of Appetite or Nausea

- Take medicine to control nausea as directed.
- Eat when you feel like eating.
- Try eating small amounts at a time.

If you have questions, call your surgeon’s office to talk with a nurse.

Your Notes
