

After your operation

What to expect, day by day — and what to tell us about

Day	What you should be doing	ጥያቄ
Day of operation	Sip water when you are awake. Sit out of bed in the chair for about 2 hours in the evening. Ask the nurse to help you.	ሲነቁ ውሃ ይጠጡ። ምሽት ላይ ከአልጋ ወርደው ወንበር ላይ ለ ሰዓት ያህል ይቀመጡ። ነርሲ እንድትረዳዎት ይጠይቁ።
Day 1	Eat and drink. Get out of bed for at least 3 hours in total, in short sessions. Walk to the corridor. The drip usually comes down today.	ይብሉ እና ይጠጡ። በአጠቃላይ ቢያንስ ለ ሰዓት ከአልጋ ይውጡ፣ በአጭር እጭር ጊዜ። ወደ ኮሪደር ይራመዱ። ዛሬ ብዙውን ጊዜ ሴረሙ ይነሳል።
Day 2	Eat normally. Walk further, several times. Your catheter usually comes out. Pain medicine changes to tablets.	በመደበኛነት ይብሉ። ብዙ ጊዜ የበለጠ ይራመዱ። ብዙውን ጊዜ የሽንት ጽቦዎ ይወጣል። የሕመም መድኃኒት ወደ ኪኒን ይቀየራል።
Day 3-4	Bowels working. Walking on your own. We start planning for you to go home.	አንጀትዎ መስራት ይጀምራል። በራስዎ ይራመዳሉ። ወደ ቤት እንዲሄዱ ማቀድ እንጀምራለን።

Telephone us straight away if any of these happen	
Warning sign	ጥያቄ
Fever, shivering, or feeling generally unwell	ትኩሳት፣ መንቀጥቀጥ ወይም በአጠቃላይ ደህና አለመሆን
Pain that is getting worse instead of better	እየተሻለ ሳይሆን እየባሰ የሚሄድ ሕመም
The wound is red, swollen, or leaking	ቁስሉ ከቀለ፣ ካበጠ ወይም ፈሳሽ ካለው
Vomiting, or you cannot eat or drink	ማስታወክ ወይም መብላትና መጠጣት አለመቻል
Your abdomen is swelling up	ሆድዎ እያበጠ ከሆነ
You have not passed wind or stool and feel bloated	ንፋስ ወይም ሰገራ ካላለፉ እና ሆድዎ ከተነፋ
Pain, redness or swelling in one leg	በአንድ እግር ላይ ሕመም፣ መቅለት ወይም እብጠት
Shortness of breath or chest pain	የትንፋሽ እጥረት ወይም የደረት ሕመም

Ward telephone	Clinic appointment	Stop pain medicine on	Blood-thinning injection until

Keep taking your pain medicine as written, and stop on the date above. Do not keep taking strong painkillers because you still have some left. If your pain is not controlled by the date on this sheet, telephone us instead of continuing.

Amharic text is a working draft — have it verified by a bilingual clinician before printing for patients.