Dr. Oways Al-Awaisheh
Consultant General & Laparoscopic Surgeon

Post-operative care guide

After Surgery Checklist

- Rest as advised and gradually increase activity.
- Take prescribed medication and keep wounds clean and dry.
- Follow the recommended diet, especially after bariatric surgery.
- Attend all follow-up appointments.
- Move gently and stay hydrated to support recovery.

Warning Signs — Call the Clinic

- Fever or chills
- Increasing redness, swelling, or discharge from a wound
- Severe or worsening pain not relieved by medication
- Heavy bleeding
- Shortness of breath or chest pain
- Persistent vomiting or inability to keep fluids down

This guide is for general information only and does not replace personal medical advice.