



Post-surgery care guide for Pancreaticoduodenectomy (Whipple procedure)



Changi
General Hospital

SingHealth

After undergoing the Whipple procedure, take note of the following guidelines for a smooth recovery. Do consult your care team for advice if you have any queries.



Pain management

- Pain medications will be administered at regular intervals during your hospital stay.
- If you feel pain at the wound site while adjusting your sleeping position or coughing, apply gentle pressure to the wound with a small pillow or clean towel to help alleviate the pain.
- Pain medications will also be prescribed upon your discharge from hospital. Do take the medications if you experience pain.



Daily activities/ rehabilitation

- You may feel tired initially after the surgery. Your strength and energy will gradually improve in about two weeks.
- You may gradually resume normal activities approximately two months after your surgery, when your wound has healed.
- Incorporate regular exercise such as walking into your daily activities while in the hospital and when you are discharged.
- Avoid strenuous exercise or activities and carrying objects that weigh more than 5kg for the first two months after surgery.



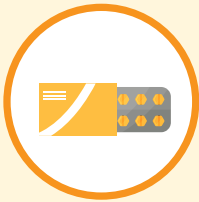
Wound/ drain/ tube care

- Keep the wound site clean and dry.
- When showering, use a mild soap and avoid perfumed products. Gently pat your wound dry with a soft, clean towel after your shower.
- Do not scratch the wound or peel off any scabs on the wound. Avoid applying ointment, powder or lotion on the wound.
- Support the wound site with a clean towel when you cough. If you are discharged from the hospital with a drain, you may be required to have a weekly clinic visit by a Hepato-Pancreato-Biliary (HPB) specialty nurse for drain care. Your care team will advise you on the arrangements for this.



Diet and nutrition

- Keep your food portions small. You can take five to six small meals a day to avoid overloading your stomach.
- Chew your foods well and eat slowly. Avoid lying down immediately after eating as it may cause discomfort or acid reflux.
- Maintain a well-balanced diet and follow the specific dietary advice provided after surgery. Our dietitian can help you create a nutrition plan that is customised to your needs.
- Cut down on food and drinks that are high in sugar to keep your blood sugar levels stable.
- Avoid oily and deep-fried or fattening foods. Choose foods that are cooked with healthier methods such as baking, roasting, grilling, steaming, and stir-frying.
- Do not take liquids during meals. Instead, have your drinks 30 to 50 minutes before or after your meals.



Pancreatic Enzyme Replacement Therapy

- You may be prescribed with the pancreatic enzyme (Creon) to help with digestion after your surgery.
- The capsules should be swallowed whole with a glass of water. Do not crush or chew the capsules.
- Always take the capsules with a meal or snack to ensure proper digestion and nutrient absorption.
- If you have difficulty swallowing capsules, open the capsule and mix the granules with a soft, acidic food such as apple sauce. Do not mix the granules with alkaline foods such as milk or yogurt, as they can deactivate the enzymes.
- Avoid mixing the enzyme granules with very hot or cold foods as this can impact the enzyme's effectiveness.



When to seek further treatment

Please consult a HPB specialty nurse (phone number will be given upon discharge) during office hours from 8am to 5pm or seek urgent treatment at the Emergency Department of the nearest hospital after office hours if you experience the following symptoms:

- Fever of 38°C and above
- Redness, swelling or discharge from the wound
- Severe abdominal pain that is not relieved by medication
- Abdominal bloatedness with nausea or vomiting
- Any other abnormal and/ or prolonged symptoms that give cause for concern

Follow-up appointments

- Keep your appointments as scheduled.

For any change of appointments, please call the Changi General Hospital appointment center at **(65) 6850 3333**.
You can also reschedule your appointment using the Health Buddy app.





Singapore
General Hospital



Changi
General Hospital



Sengkang
General Hospital



KK Women's and
Children's Hospital



National Cancer
Centre Singapore



National Dental
Centre Singapore



National Heart
Centre Singapore



National
Neuroscience Institute



Singapore National
Eye Centre



SingHealth
Community Hospitals



Polyclinics
SingHealth

PATIENTS. AT THE HEART OF ALL WE DO.®

2 Simei Street 3 Singapore 529889

Tel: 6788 8833 Fax: 6788 0933

Reg No 198904226R

CGH Appointment Centre

For appointments and enquiries,
please call: (65) 6850 3333

Operating hours:

8.30am to 5.30pm (Mondays to Fridays)

8.30am to 12.30pm (Saturdays)

Closed on Sundays and Public Holidays

For more information, please visit **www.cgh.com.sg**

facebook.com/ChangiGeneralHospital

Information is valid as of June 2024 and subject to revision without prior notice.

All information provided within this publication is intended for general information and is provided on the understanding that no surgical and medical advice or recommendation is being rendered.

Please do not disregard the professional advice of your doctor.