

# DISCHARGE INSTRUCTIONS

## DOCTOR FOLLOW-UP

Notify your doctor for any of the following:

1. Fever 101 or higher.
2. Unable to tolerate fluids/nausea and or vomiting the day following your surgery.
3. Bright red excessive bleeding.
4. Reaction or suspected reaction to any medication.
5. Pain uncontrolled with regular use of pain medication.
6. Inability to urinate.
7. Difficulty breathing.
8. Bright redness, heat, swelling associated w/foul odor at incision site.
9. Call your Doctor for a follow up appointment:

Date: \_\_\_\_\_

Call MD office: \_\_\_\_\_

Other special instructions: \_\_\_\_\_

## PAIN CONTROL

1. See nerve block discharge instruction sheet if applicable.
2. Follow instructions on your pain prescription.
3. Avoid taking pain medication on an empty stomach.
4. Do not drive or drink alcohol while taking pain medication.
5. Pain medication and inactivity can cause constipation. A diet consisting of fiber, whole grains, fresh fruit and plenty of fluids may prevent this.
6. A stool softener may also be considered to prevent constipation.
7. The following strategies may also help manage your pain:
  - a. slow deep breathing
  - b. whole body relaxation
  - c. ice therapy as prescribed by your Doctor
  - d. changing body positions or sitting up
  - e. watching TV or listening to soothing music

## ACTIVITY

1. No vigorous activity or heavy lifting until you see your Doctor.
2. No driving until you see your Doctor.
- Apply ice to operative area unless otherwise indicated. Keep incision Dry.
- HANDOUTS
- NERVE BLOCK
- CONSCIOUS SEDATION
- ENDOSCOPY
- PROCEDURE SPECIFIC

## DRESSING CARE

1. You may remove dressings in \_\_\_\_\_ days.
2. You may shower in \_\_\_\_\_ days.
3. Keep dressing clean and dry.
4. Do not remove steri-strips, they should be allowed to just come off by themselves.
5. Do not get wound under water (bathtub, hot tub, etc.) until wound is completely healed.
6. Do not shower: Sponge Bath only.

## DIET

1. Do not eat or drink if nauseated.
2. Advance diet as tolerated, ice chips, fluids, then back to your regular diet.
3. Drink plenty of fluids, 8-10 glasses per day.
4. Resume usual diet unless otherwise ordered.

## ANESTHETICS

If you had general anesthetic/sedation:

1. Do not drink alcoholic beverages for 24 hours.
2. Do not drive a motor vehicle, operate machinery, or power tools for 24 hours.
3. Do not make any important decisions or sign important papers for 24 hours.
4. You may experience lightheadedness, dizziness, and sleepiness following surgery. A responsible adult should be with you for 24 hours.

## BLOOD CLOT PREVENTION / DVT RISKS CONSIDERED

- Pump foot up and down 10-15 times, every hour while awake.
- Walk as frequently as possible.
- Wear your Ted Hose.
- Blood thinner Indicated
- No Blood Thinner indicated

## ADDITIONAL INSTRUCTIONS

PHYSICIAN

NURSE

PATIENT ID:

*I hereby accept a copy, understand and can verbalize these instructions.*

PATIENT / GUARDIAN

