

We hope your outpatient surgery experience was satisfactory. You are urged to carefully read and follow these instructions unless otherwise specified by your physician. If you have any problems, concerns, or questions, please call your surgeon at his office (407) _____ or emergency # (407) _____.

REGARDING SURGERY/PROCEDURE:

- 1. Make an appointment to see your surgeon in/on _____
- 2. Resume all pre-operative medications unless instructed otherwise by your surgeon.
- 3. Observe the **operative areas** for signs of excessive bleeding. (Slow general oozing that saturates the dressing completely or frank bright red bleeding). In either case, apply pressure to the area, elevate it, if possible, and contact your surgeon at once!
- 4. Observe the affected extremity for circulation or nerve impairment:

<i>Change in color</i>	<i>Coldness</i>
<i>Numbness or tingling</i>	<i>Increased pain</i>

These signs and symptoms usually become apparent in 36 to 48 hours. If present, contact your surgeon.
- 5. Observe the operative areas for signs of infection:

<i>Increased pain</i>	<i>Swelling</i>	<i>Temperature</i>
<i>Redness</i>	<i>Foul odor</i>	<i>above 101°</i>
- 6. Keep the operative areas clean and dry.
 - Do NOT remove dressing
 - Remove dressing in _____ days

If instructed to remove dressing in 3 days, clean suture line with Peroxide and cover with a dry dressing or bandaid. Do this daily.
- 7. If you have a drainage tube, you will be instructed by your nurse on the care of it. They are to be removed on the 3rd post-op day unless instructed by your surgeon to do otherwise.
- 8. Apply ice to the operative site for 20 minutes an hour for the next 48 hours while awake.
- 9. Avoid stress to the suture line such as pulling, pushing, etc.
- 10. Drink plenty of fluids.
- 11. If you have not urinated within 6 hours, notify your surgeon.

REGARDING ANESTHESIA/IV SEDATION/PAIN MEDICATION:

If you had general anesthesia or local anesthesia with Sedation, please pay particular attention to the following:

- 1. Do not drink alcoholic beverages including beer and wine for 24 hours. Alcohol enhances the effects of anesthesia and sedation.
- 2. Do not drive a motor vehicle, operate machinery or power tools for 24 hours. If a child, no bicycle riding, skateboarding, gym sets, etc. for 24 hours.
- 3. Do not make any important decisions or sign important papers for 24 hours.
- 4. You may experience lightheadedness, dizziness or sleepiness following surgery. Please **DO NOT STAY ALONE**. A responsible adult should be with you for this 24 hour period.
- 5. Rest at home with moderate activity as tolerated. It may not be necessary to go to bed, however, it is important to rest for 24 hours following general anesthesia.
- 6. **Progress slowly** to a regular diet if you received General anesthesia, unless your surgeon has instructed you otherwise. **Start with liquids such as soft drinks, then soup and crackers gradually working up to solid foods.**
- 7. Certain anesthetics and pain medications may produce nausea and vomiting in certain individuals. **Take all pain medication with food.** If nausea becomes a problem at home, call your surgeon. In the meantime, rest or sleep on your side to avoid accidentally inhaling material that you may vomit.
- 8. If your surgeon ordered pain medication, please take it as directed. Do not drive a motor vehicle, operate machinery or power tools while taking medication.
- 9. You may experience soreness and bruising under your arm if you received an axillary block. This should subside in 6-7 days.
- 10. Patients are advised against combining or taking multiple pain medications without approval of their Primary Care Physician or their surgeon.

Patients may take Ibuprofen or Aleve between doses of narcotic pain medication to supplement pain relief. **DO NOT TAKE MORE THAN DAILY RECOMMENDED DOSAGE PER MANUFACTURER.**

If you should experience difficulty in breathing, bleeding that you feel is excessive, persistent nausea or vomiting, any pain that is unexpected or fever over 101°, please call your surgeon. If you find that you cannot contact your surgeon, but feel that your signs and symptoms warrant a physician's attention, go to an Emergency Room which is closest to you.

OTHER INSTRUCTIONS: _____

I HEREBY ACCEPT, UNDERSTAND AND CAN VERBALIZE THESE INSTRUCTIONS:

Instructor: _____

Surgical Guest or Guardian: _____

Date: _____

Relationship to Surgical Guest: _____

DOWNTOWN SURGERY CENTER

DISCHARGE INSTRUCTIONS

PATIENT I.D.