

Post-Operative Discharge Instructions

Restrictions:

Do Not drive for 24 hours and while on pain medications.

No alcoholic beverages for 24 hours or while on pain medications.

Do Not sign any legal documents or make any important decisions.

Do Not operate any machinery for 24 hours.

Highly Recommended you have a responsible adult with for the next 24 hours after your procedure

Activity:

Rest and relax today. Do not resume usual activities.

No strenuous activities. No heavy lifting.

May return to work/school in _____ days. No gym for _____ days.

Other: _____

Notify MD if:

** Excessive bleeding that soaks dressing.

** Fever of 101 or greater.

** Increased redness or swelling along incision.

** Foul or pus colored discharge from incision.

** Unrelieved pain and nausea.

Wound Care:

Keep dressing dry and intact.

Change dressing daily.

See attached sheet.

Other: _____

Bathing:

Sponge bath.

Shower: 24 48 72 hours.

No submersions (bath, pool, hot tub)

Extremities (upper or lower):

Elevate above the level of your heart for 48 hours.

Ice intermittently (30 minutes on, 30 minutes off) for 48 hours.

Exercises/Range of Motion: _____

Weightbearing: _____

Use crutches/sling/shoe/knee immobilizer until: _____

Diet:

Light diet for remainder of today. Regular diet as tolerated tomorrow.

No restrictions. Other: _____

Medication:

To control pain take: _____ if needed. Begin at: _____

Prescriptions attached.

Resume all usual Medications.

Next Physician Visit:

Your post-operative appointment is: _____

Please call Physician's office. #: _____

In a true emergency please dial 911 and go to your nearest emergency room.

Patient Signature: _____ Responsible Adult: _____

Physician: _____ Nurse: _____

Interpreter: _____