

OUTPATIENT DISCHARGE INSTRUCTIONS

In order to continue your care at home, please follow the instructions checked below. Follow your physician's printed instructions if he has provided you with them!

1. GENERAL ANESTHESIA OR SEDATION

- Do not drive or operate machinery for 24 hours from discharge.
- Do not consume alcohol, tranquilizers, sleeping medications, or any non-prescribed medication for 36 hours.
- Do not make important decisions or sign any important papers in the next 36 hours.
- You **MUST** have someone with you tonight at home and for 24 hours after surgery.
- Carry or guide child up and down stairs. Keep child indoors resting or playing quietly.

2. ACTIVITY

- ☐ You are advised to go directly home from the hospital. Restrict your activities and rest for a day. Resume light to normal activity **tomorrow**.
- ☐ You may resume normal activity today. Do not engage in strenuous activity that may place stress on your incision.
- ☐ May return to work/school on _____ ☐ or to be decided after follow-up appointment.
- ☐ No lifting restriction. ☐ Lifting restricted to _____ lbs.
- ☐ May climb stairs. ☐ May not climb stairs until _____.

3. FLUIDS AND DIET

- ☐ Begin with clear liquids, bullion, dry toast, soda, crackers. If not nauseated, you may go to regular diet when you desire. Greasy and spicy foods are not advisable for today.
- ☐ Special Diet Instructions: _____

4. MEDICATIONS

- ☐ Prescription(s) sent with you. Use as directed. When taking pain medications, you may experience dizziness or drowsiness. Do not drink alcohol or drive when you are taking these medications. Do not wait for severe pain before you take pain medication.
- ☐ You may take a non-prescription "headache remedy" type medication that you normally use, if your surgeon permits, preferably one that does not contain aspirin.
- ☐ You may resume your daily prescription medication schedule.
- ☐ Special Diet Instructions: _____
- ☐ Rx: _____ Rx: _____

5. OPERATIVE SITE

- ☐ Keep dressing clean and dry. ☐ Change dressing when soiled or wet. ☐ Do not change dressing.
- ☐ May wash over incision in shower. ☐ May remove dressing _____
- ☐ May take a bath. Special Instructions: _____

6. EXTREMITIES: Arms, Hands, Legs, and Feet

- ☐ Keep operative extremity elevated as much as possible to lessen swelling and discomfort. ☐ Do not get cast wet.
- ☐ Ice to operative site. ☐ Do not bear weight on operative foot/leg. ☐ Use crutches when ambulating.
- ☐ Partial weight bearing on operative foot/leg. ☐ Wear Reuse or Cast Shoe when ambulating.
- ☐ Full weight bearing on operative foot/leg. ☐ Special Instructions: _____

7. GYNECOLOGICAL PROCEDURES

- ☐ No tampons, douching, or intercourse until _____
- ☐ D&C and laparoscopic patients may have varying amounts of vaginal drainage for a few days.
- ☐ Laparoscopic patients may develop shoulder pain in the first 24 hours from residual gas.
- ☐ Special Instructions: _____

8. FOLLOW-UP CARE: Specifically Watch For:

- Increased swelling, redness, warmth, hardness around operative area.
- Blood soaked dressing (small amount of oozing may be normal).
- Increasing and progressive draining from surgical area or exam site.
- Numb, tingling, or cold fingers or toes (applicable to surgery on extremities).
- Fever over 101° by mouth.
- Inability to urinate.
- Pain not relieved by medication ordered.

Call your surgeon if you have any problem that concerns you: Phone # _____
If you need immediate attention, come to Gerald Champion Regional Medical Center Emergency Dept.

Call Dr. _____ today for next office visit on _____ Phone # _____

Surgeon specific instruction sheet given

I have read/been read these instructions and understand them. A copy has been given to me.

Patient/Responsible Party

Date

Physician Signature

Date

Nurse Signature

Date

Released to Responsible Driver

Date



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