

CAREOS Discharge Instructions

DATE _____

- Dr. John Shore Dr. Sean Blaydon Dr. Tanuj Nakra Dr. Vikram Durairaj Dr. Emily Bratton
 Dr. Marie Somogyi Dr. Brett Davies Dr. Natalie Homer Dr. Aliza Epstein

Office (512) 458-2141 (M-F 7:30 am-5pm)

After hours & weekends (512) 533-7355

CALL IMMEDIATELY FOR THESE PROBLEMS:

- Pain not controlled by medication.
- If you notice rapid swelling or blood dripping from the incision.
- Any evidence of infection, such as fever > 101° F; increasing pain, purulent discharge from incisions.

NORMAL EXPECTATIONS

- You may have some temporary oozing of blood from the incision sites overnight.
- Expect some swelling and bruising. Bruising is usually more visible 1-2 days following surgery.

COLD COMPRESSES

- Apply cold to the area for _____ days after surgery about 20 minutes of each hour till bedtime.
Place dry cloth over the area, and then crushed ice or frozen peas in a clean quart size Ziploc bag.

MEDICATIONS

- Apply _____ ointment sparingly on the stitches/staples _____ times daily for 7 days.
- Take prescription pain medication for moderate pain. Tylenol/Extra Strength Tylenol for mild pain. Take pain medication with food to avoid nausea.
- You were given pain medication in the surgery center. Next dose of pain medication at _____.*
- DO NOT** take Aspirin, Aspirin containing products or anti-inflammatory medications (NSAIDS e.g. Advil, Motrin, Aleve, etc.), for 2 days after surgery.
- Blood thinning medication such as Coumadin, Plavix or Aspirin can be restarted on _____.*
- Other medications: Promethazine as needed for nausea. Next dose: _____
 Medrol Dose Pack starts _____

ACTIVITY

- Rest as much as possible after surgery. Sleep with head slightly elevated for first 2 nights.
- Avoid bending or any heavy lifting (>20 lbs) for 7 days. You may resume aerobic activity in 7 days.
- You may return to work/school in _____ days.
- Do NOT drive** while vision is impaired or while taking prescription pain medication.

HYGIENE

- You may shower 24 hours 48 hours after surgery.
- Makeup: _____
- If you had oral incisions, irrigate the sutures with diluted peroxide rinses twice a day for one week.
- _____

DIET

- Resume regular diet. No alcoholic beverages the day of surgery or while taking prescription pain medication.
- Drink adequate fluids to stay well hydrated in the days after surgery.
- _____

OTHER _____

FOLLOW UP APPOINTMENT _____ days.

PLEASE CALL 512-458-2141 FOR APPOINTMENT

I have received and understand these instructions. _____

Patient / Representative

Reviewed by _____

If you have questions **immediately** after surgery, call CAREOS M-F 7am – 4 pm at (512) 458-4391.

Revised June 2019