

## Discharge Instructions

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### 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 \_\_\_\_\_

If you have questions immediately after surgery, call Dr. \_\_\_\_\_ Mon-Fri 8am-5pm at 512-458-2141