

## Discharge Instructions

Dr. Sean Blaydon    Dr. Tanuj Nakra    Dr. Vikram Durairaj    Dr. Anish Abrol    Dr. Irina Belinsky  
 Dr. Donovan Reed    Dr. Monica Ray    Dr. Mark Mazow    Dr. Karen Brown

Office (512) 458-2141 (M-F 8 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** \_\_\_\_\_

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