

Outpatient Discharge Instructions

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

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.
- 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 Surgery Center. Restrict your activities and rest for a day. Resume light 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.

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.

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.
- 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 in _____ days. May remove dressing in _____ days. Special Instructions: NO BATHS or Jacuzzis; only showers.

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. Weight bear as tolerated.

7. 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 problems that concern you: Phone # (505) 434-0639. If you need immediate attention, come to the nearest Emergency Department. Call Physician for Appointment if not scheduled.

Surgeon specific instruction sheet given

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

Patient / responsible Party

Nurse Signature

PATIENT LABEL