

# PASO DEL NORTE SURGERY CENTER

## DISCHARGE INSTRUCTIONS

### ACTIVITY

- \_\_\_\_\_ **DO NOT DRIVE** a motor vehicle, operate machinery or power tools for the next 24 hours. If a child, **NO** bicycle riding, skateboarding etc.
- \_\_\_\_\_ **DO NOT** drink alcoholic beverages, including beer, for the next 24 hours; these may enhance effects of anesthesia and/or sedation.
- \_\_\_\_\_ **DO NOT** make any important decisions or sign legal documents for the next 24 hours.
- \_\_\_\_\_ For the next 24 hours you may experience dizziness, lightheadedness and sleepiness. **DO NOT STAY ALONE. A RESPONSIBLE ADULT MUST BE WITH YOU FOR THE NEXT 24 HOURS.**
- \_\_\_\_\_ Rest at home with moderate activity. It may not be necessary to stay in bed; however, it is important to rest following a general anesthetic or sedation.

### DIET

- \_\_\_\_\_ You may resume your regular diet.
- \_\_\_\_\_ Begin with clear liquids (Jell-O, broth, Popsicles) and progress to your regular diet as tolerated.
- \_\_\_\_\_ Follow the diet indicated on the instructions attached.

### WOUND CARE

- \_\_\_\_\_ Leave the dressing clean, dry and in place. Cover with a plastic bag while showering or bathing, making sure not to wet the dressing.
- \_\_\_\_\_ You may remove the dressing in \_\_\_\_\_ days. **DO NOT REMOVE** the steri-strips; they will fall off on their own.
- \_\_\_\_\_ Follow wound care as listed on the sheet attached.

### MEDICATIONS

- \_\_\_\_\_ You may resume your regular medications except for \_\_\_\_\_
- \_\_\_\_\_ You have been given a prescription for the following: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### SPECIAL INSTRUCTIONS

- \_\_\_\_\_ Keep your leg/ arm elevated 8 -10 inches above your heart to avoid swelling. Move your fingers/ toes frequently to improve circulation. Use crutches/ arm sling/ shoulder immobilizer as indicated.
- \_\_\_\_\_ Check for changes in circulation: discoloration, coolness, numbness, swelling or pain.
- \_\_\_\_\_ **CALL YOUR DOCTOR IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:  
EXCESSIVE PAIN NOT RELIEVED BY PAIN MEDICATION PRESCRIBED,  
TEMPERATURE ABOVE 101 DEGREES, EXCESSIVE SWELLING, BLEEDING, CHANGES IN  
CIRCULATION, EXCESSIVE NAUSEA AND / OR VOMITING, OR IF YOU HAVE ANY QUESTIONS  
OR PROBLEMS.**
- \_\_\_\_\_ **IF YOU ARE UNABLE TO LOCATE YOUR DOCTOR, GO TO THE NEAREST EMERGENCY ROOM.**

### ADDITIONAL INSTRUCTIONS:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### FOLLOW UP APPOINTMENT

YOUR PHYSICIAN MAY BE REACHED 24 HOURS A DAY AT THE FOLLOWING NUMBER \_\_\_\_\_

APPOINTMENT \_\_\_\_\_

The instructions above have been explained to me, and I have been given the opportunity to ask questions.

Patient or Responsible Adult \_\_\_\_\_ Relationship to Patient \_\_\_\_\_

Witness \_\_\_\_\_ Date/Time \_\_\_\_\_