

Discharge Instructions Following Anesthesia

If your surgeon's instructions vary from these instructions, please follow your surgeon's instructions.

You may experience lightheadedness, dizziness and sleepiness due to your anesthesia. Therefore, a responsible person must drive you home and stay with you overnight. For the next 24 hours:

- Do not drive a car, operate machinery or power tools.
- Do not drink alcoholic beverages of any kind, including beer and wine.
- Do not sign any important papers or make important decisions.
- If possible, arrange care for dependent adults or children.

ACTIVITY

- Rest at home today; increase activity gradually.
- When you change position, move slowly to minimize any dizziness, nausea or vomiting.
- Have a responsible person with you the first few times you get up.

DIET

- Start with clear liquids (7-Up, broth, jello, apple or cranberry juice) and progress as tolerated to a light meal (soup, toast, cereal, etc.) then progress to more substantial food later in the day.
- Avoid highly spiced or greasy food.
- You should be able to resume your normal diet after 24 hours.
- Increase fluids, fruits, vegetables and fiber to avoid constipation that can be caused by pain medication.

MEDICATIONS

- Follow your surgeon's instructions for medications.
- If pain medication is irritating to your stomach, take it with a small amount of food or drink.
- Take your pain medication as soon as you feel pain—DO NOT WAIT.
- Do not take aspirin or aspirin-like products (Ibuprofen, Advil, Nuprin, Motrin, Aleve, etc.) unless your surgeon has so advised you.
- Do not take acetaminophen (Tylenol) while taking Vicodin.

DRESSINGS

- Keep dressing dry, clean and in place until instructed by your surgeon to remove them.

SPECIAL DISCHARGE INSTRUCTIONS

- Specific procedure/discharge instructions given on _____

FOLLOW-UP APPOINTMENT

- Contact your surgeon for a follow-up appointment, if one has not yet been scheduled.

Surgeon: _____ Phone No. _____

Contact your surgeon (or his/her associate) if any of the following occur:

- Bright red or persistent bleeding or swelling
- Persistent nausea or vomiting (greater than 24 hr)
- Unrelieved pain
- Temperature above 101 degrees F
- Difficulty breathing
- Redness around the incision
- If your surgery was on an extremity, any change in color, mobility, feeling, or temperature of fingers or toes
- Decreasing levels of responsiveness or consciousness

If you are unable to reach your surgeon in an acute emergency, go to the nearest Emergency Department or call 911.

The above instructions have been reviewed by me. I understand they are for my benefit.

Valuables returned:

Yes _____
 N/A _____

Patient's Signature

Patient's Signature

Date/Time

Prescription

Discharge Nurse's Signature

Given to: Patient Family Member N/A

Called to Pharmacy: _____

Responsible Adult's Signature

MRI/Films returned to patient N/A