

DISCHARGE INSTRUCTIONS

- 1. DIET:** Begin with clear liquids and light foods (7UP, ginger ale, Jell-O and broth). Progress to your normal diet if you are not nauseated. It may be helpful to remove any carbonation to avoid belching, bloating, and potential vomiting.
- 2.** No alcoholic beverages for 24 hours.
- 3.** Do not drive your car or operate hazardous machinery for 24 hours.
- 4.** Limit your activities for 24 hours. No heavy work, sports, or strenuous lifting until your doctor has given permission. Any fine motor skills may be sluggish or impaired in the immediate post-operative period.
- 5.** If you have a prescription for pain medication, exercise caution as you move about. Dizziness is not unusual. Sleepiness also may occur.
- 6.** If your doctor has given permission, you should be able to resume your normal activities after 24 hours.
- 7.** It is not unusual to feel tired the day following your surgery.
- 8.** If general anesthesia was used, you may have a raspy or scratchy throat following your surgery. Non-prescription throat lozenges or gargles may help give relief.
- 9.** It is not unusual to experience headaches after surgery. If you normally have them, and the severity is significantly worse than usual (and lasts for more than one day), notify your doctor. Likewise, any changes in your vision, ability to ambulate, or sit upright, which is not due to your surgery, should also be reported. If it is not against your doctor's orders, caffeine containing beverages and increased fluids by mouth often helps.

Wound Care

- 10.** Check your incision for redness, swelling, increased pain, warmth to touch, hardness, or drainage of creamy white or yellow fluid.

If your doctor gives you specific instructions for wound care, follow them.

Otherwise, cleanse the incision with a clean washcloth and mild soap. Dry it by patting gently.

Medications

- 11.** Check with your physician regarding any medication changes. If he/she does not make any changes, resume taking the medications you took prior to your surgery.
- 12.** Any personalized discharge instructions will be given to you upon your discharge.
- 13.** Nursing staff requires that someone accompany you at discharge to drive you home.
- 14.** Patient will receive a post-procedure phone call within the next 72 hours to answer any questions or concerns you may have. If we are unable to reach you, a post-procedure follow-up letter will be mailed.