

## 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

Given to:  Patient  Family Member  N/A

\_\_\_\_\_  
Discharge Nurse's Signature

Called to Pharmacy: \_\_\_\_\_

MRI/Films returned  N/A

\_\_\_\_\_  
Responsible Adult's Signature