

DISCHARGE INSTRUCTIONS

Please read these instructions carefully. If you have any questions, please call our office.



GOING HOME

- You must have a responsible adult drive you home.
- Do not drive, operate machinery, sign important documents, or make major decisions for 24 hours after anesthesia.
- Rest today and take it easy.
- Have a responsible adult stay with you for the next 24 hours.
- Drink plenty of fluids and start with light, easily tolerated foods.



MEDICATIONS

- Take all prescribed medications as directed.
- Resume your regular home medications unless instructed otherwise.
- For pain, take medications as prescribed or as directed by your surgeon.
- Do not take alcohol or non-prescribed sedatives while taking prescription pain medication.
- If you were given antibiotics, take the full course as prescribed.



INCISION / WOUND CARE

- Keep your dressing clean and dry.
- Follow your surgeon's specific instructions regarding when to remove dressings or change bandages.
- You may shower if instructed by your surgeon. Avoid soaking (baths, pools, hot tubs) until cleared.
- Report any excessive redness, swelling, drainage, or concern about your incision.



ACTIVITY

- Rest the day of surgery.
- Resume light activity as tolerated.
- Avoid strenuous activity, heavy lifting, or repetitive motions until cleared by your surgeon.
- Follow any specific activity restrictions provided by your surgeon.



DIET

- Begin with clear liquids and light foods.
- Advance your diet as tolerated.
- Avoid alcohol for at least 24 hours.
- If you experience nausea or vomiting, sip clear fluids and notify our office if it persists.



FOLLOW-UP

- Keep your scheduled post-operative appointment.
- If you do not have an appointment, please call your surgeons office to schedule one.
- Bring this discharge sheet and any questions with you to your follow-up visit.



CALL OUR OFFICE OR SEEK IMMEDIATE MEDICAL ATTENTION IF YOU EXPERIENCE:

- Fever greater than 101°F (38.3°C)
- Severe or increasing pain not relieved by medication
- Excessive bleeding or drainage
- Signs of infection (increased redness, swelling, warmth, or pus)
- Persistent nausea or vomiting
- Difficulty breathing, chest pain, or shortness of breath
- Calf pain, swelling, or redness
- Any other concerning symptoms

*Thank you for choosing Surgical Specialists ASC, LLC.
We are committed to your safety and recovery.*