

## DISCHARGE INSTRUCTIONS

Medication given may have significant effects after discharge; therefore, on the day of surgery:

1. You must be accompanied by a responsible adult upon discharge and for 24 hours after surgery.
2. Do not drive a motor vehicle, operate machinery, power tools or appliances, drink alcoholic beverages, or make critical decisions for 24 hours.
3. Be aware of dizziness which may cause a fall. Change positions slowly.
4. Diet, activity, and bathing instructions per your surgeon.
5. Pain: There may be some pain associated with certain procedures. Your surgeon may have given you a prescription for medication. If this medication does not provide adequate relief, call your surgeon.
6. Nausea/Vomiting: Nausea and vomiting may occur as you become more active or begin to increase food intake. If this should happen, decrease activities and return to liquid. If the problem persists, call your surgeon.
7. Urinating: Notify your surgeon if you have not urinated within 12 hours after discharge.
8. Do not remove dressing until instructed to by your physician.
9. Keep dressing dry and clean.
10. Elevate operative extremity above heart level.
11. Ankle pump and deep breathing exercises while resting.
12. \_\_\_\_\_
13. Call your surgeon if: Surgeon Phone Number \_\_\_\_\_
  - a. You have any questions.
  - b. Temperature is 101 degrees or above.
  - c. Increased bleeding, swelling, or pain.
  - d. Signs of infection ñ redness, foul odor, or purulent drainage.
  - e. Operative extremity becomes cold, blue, tingly, or numb.
14. Call doctor \_\_\_\_\_ for an appointment in \_\_\_\_\_ day(s)/week(s).
15.  Refer to Doctor's post-op instruction sheet

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If unable to contact your surgeon, call the nearest hospital emergency room for advice or assistance.

***I have received, read, and understand the above instructions. All of my questions have been answered to my satisfaction.***

Date \_\_\_\_\_ Time \_\_\_\_\_

Nurse \_\_\_\_\_

Patient/Caregiver \_\_\_\_\_