

# Nacogdoches Surgery Center

(Patient Label Here)

Patient: \_\_\_\_\_

MR# \_\_\_\_\_ D.O.S.: \_\_\_\_\_

Surgeon: \_\_\_\_\_

## Discharge Instructions

If you had general anesthesia or local anesthesia with sedation, pay particular attention to the following instructions.

1. Do not drink alcoholic beverages including beer for 24 hours. Alcohol enhances the effects of anesthesia and sedation.
2. Do not drive a motor vehicle, operate machinery or power tools for 24 hours. If a child, no bicycle riding, skateboard, etc.
3. Do not make any important decisions or sign legal documents for 24 hours
4. You may experience lightheadedness, dizziness and sleepiness following surgery. DO NOT STAY ALONE. A responsible adult should be with you for this 24-hour period.
5. Rest at home with moderate activity. It may not be necessary to go to bed; however, it is important to rest for 24 hours following general anesthesia.
6. You may resume eating just as you did before surgery. If you are feeling nauseated start with liquids such as soft drinks, soup or jello gradually working up to solid foods. We do not recommend spicy or greasy foods the first day
7. If taking medication, be careful as you climb stairs; you may experience dizziness and difficulty with depth perception.

### *Discharge Instructions for Ophthalmology Patients*

DO NOT RUB YOUR OPERATED EYE! If necessary, you may wipe the lids gently with a clean tissue.

A bottle of sterile eyewash is usually included in your post-op care kit. You may use this to clean off any crusting or accumulation of debris from your eyelids. You may also use it to wash any foreign materials such as dirt or an eyelash from the front of your eye. You may never need to use this eyewash and its use is optional.

Whenever you go to sleep, tape the protective metal shield over the operated eye. This should be done until your physician instructs you otherwise.

All medications used prior to surgery should be resumed after surgery. No medications should be used in your eye except those prescribed by your physician.

### *Discharge Instructions for Pain Management Patients*

Some patients may notice an increase in pain the day following their pain management procedures; this may be normal. If the pain is so severe that your pain medication does not relieve it, call your physician.

Keep in mind that the medications used during pain management procedures may require several days to take effect; inform your physician if your pain persists over 3 to 5 days.

If you have any problems such as severe, unrelenting pain, severe headaches or nausea or vomiting, call your physician.

### *Wound Care Instructions*

Leave your bandages on for at least 24 hours, or until an office visit or as directed by your physician. Keep the wound and dressing clean and dry; water can help bacteria infect your wound. Check for signs of infection daily. Pain, swelling, temperatures of 101° and above, extreme redness and drainage from wounds usually mean infection.

IF ANY PROBLEMS DEVELOP AFTER LEAVING THE SURGERY CENTER, CALL YOUR PHYSICIAN IMMEDIATELY!! IF EMERGENCY CARE IS NEEDED, GO TO THE NEAREST HOSPITAL.

Your physician may be reached at: \_\_\_\_\_

FOLLOW-UP APPOINTMENT: \_\_\_\_\_

SEE ATTACHED PHYSICIAN'S DISCHARGE INSTRUCTIONS

Additional Instructions:


I hereby accept, understand and can verbalize these instructions and have received a copy of them.

Patient or Guardian: \_\_\_\_\_ Witness: \_\_\_\_\_

Relationship to Patient: \_\_\_\_\_ Date: \_\_\_\_\_