



## General Discharge Instructions

- A responsible adult should be with you for the next 24 hours. Rest quietly for the remainder of the day.
- **DO NOT** drink alcohol for the next 24 hours or while taking any pain medication. **DO NOT** drive a car, make any legal decisions or operate machinery for 24 hours after having anesthesia or sedation.
- **SIDE EFFECTS OF ANESTHESIA:** You may experience nausea, sore throat, and drowsiness/
- **DIET:** Unless otherwise instructed, maintain a light diet for the remainder of the day. Begin with clear liquids and light food such as crackers. Progress to your normal diet if you are not nauseated. Avoid spicy, greasy, and fried foods for 24 hours. You may begin a regular diet the next day unless otherwise instructed by your doctor.
- **MEDICATIONS:** Take any prescribed medications from your surgeon. Side effects of narcotic pain medications include drowsiness and constipation. Increase your water and fiber intake to prevent constipation if taking pain medication. You may take stool softeners if needed.
- **OPERATIVE SITE:** Keep dressing dry and intact until you are told to remove it, or at your next appointment. Leave any tape (steri-strips) beneath the dressing in place until they fall off themselves.
- These are general instructions. Please follow your specific discharge instructions from your physician.
- Follow up with Dr. \_\_\_\_\_ in \_\_\_\_\_ days.
- Call the doctor's office for follow up appointment if you do not already have one scheduled.
- Other instructions:

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- Call your surgeon if you have any further questions or concerns.
- In case of emergency, such as chest pain, inability to urinate, or difficulty breathing, call 911 or go to your local emergency room.

Instructions Given By: \_\_\_\_\_

Patient Released To: \_\_\_\_\_ Date: \_\_\_\_\_