



GENERAL DISCHARGE INSTRUCTIONS

DIET:

- Resume your usual diet as tolerated. Start with liquids and bland foods.
- Do NOT drink alcoholic beverages for 24 hours OR while taking prescription pain medications.

ACTIVITIES:

- See your Surgeon's instructions for guidance on use of your surgical extremity.

WOUND CARE:

- Keep your incision and dressing clean and dry.
- Do NOT remove the dressing unless instructed by your surgeon.
- You may resume showering tomorrow. Cover dressing for showering. No soaking wound in tub, pool, etc.
- NOTIFY YOUR SURGEON if you experience excessive bleeding or signs of infection such as redness, swelling, pus, unusual drainage, or fever over 100 degrees F.
- A limited amount of discomfort, swelling, and bruising is to be expected.

ANESTHESIA RELATED:

- You had an anesthetic. The effects of anesthesia may last 24 hours or longer.
- Do NOT drive or operate hazardous machinery for the remainder of the day.
- Do NOT engage in sports, heavy work, or heavy lifting for the next 24 hours.

FOLLOW UP:

- Please call your Surgeon's office for an appointment if you do not already have one.
- See your personalized Discharge Instructions provided by your Surgeon. Follow those instructions.

MEDS:

- Resume taking your usual medications except for these _____.
- Fill your prescriptions immediately. Take medications exactly as prescribed.
- You may begin taking your prescription pain medication at _____.

OTHER INSTRUCTIONS:

*****Contact your Surgeon if you have problems or questions*****

Dr _____ Phone# _____

These discharge instructions have been explained and a printed copy provided to the patient/caregiver.

Responsible Adult Name

Signature

Date