



GETTING BACK ON YOUR FEET



General Discharge Instructions

As a service to our customers we want to make sure you are prepared for your release from the hospital. Please read and if you have any questions make sure and talk to your attending physician or the nursing staff.

- **You must have a responsible person drive you home after your surgery.**
- Rest the first day after being released. Avoid strenuous exertion. Anesthesia may leave you with a tired feeling. Do not drive, operate hazardous machinery, drink alcoholic beverages, take sedatives, sign legal documents, or make important decisions for the next twenty-four (24) hours as the medication you received during anesthesia will still be acting in your body. Increase your activity as tolerated or as ordered by your physician.
- You may resume any usual medications you take unless instructed otherwise by your physician.
- If you become nauseated or vomit, consume only frequent small amounts of clear fluids. These symptoms usually subside by the next day with no other treatment necessary. It is best to start with liquids such as soft drinks, juices and broths. Add soup and crackers and advance slowly to solid foods.
- Keep dressings clean and dry. Follow your specific instructions regarding dressing changes or removal.
- Promptly report any signs of wound infections such as increased pain or swelling, redness or red streaks, foul odor, pus drainage from surgical site, or a persistent fever of 101 degrees, or greater.
- A small amount of reddish drainage from the surgical site is to be expected when surgery is performed. Notify your physician promptly if you develop excessive bleeding.
- It is not uncommon for the vein used for your intravenous to become irritated from any medications given. Redness, warmth, swelling and irregular bumps may be noted along the vein. Treat the affected area with a warm, moist towel for twenty minutes three to four times a day for several days and the conditions should resolve.
- Instructions will be given regarding a post-operative appointment with your doctor. REMINDER, please call your physician immediately if any disturbing problems develop after leaving the hospital, such as difficult breathing, excessive bleeding, swelling or fever of 101 degrees.