

MILLENNIUM SURGERY CENTER, Inc.

3850 San Dimas Street Bakersfield, CA 93301 (661) 663-3700

DISCHARGE INSTRUCTIONS

GENERAL SURGERY, GYNECOLOGICAL & PLASTIC PROCEDURES

General, Spinal, Sedation or Local Anesthesia

- Do not drive or operate machinery for 24 hours or anytime narcotics are being used.
- No alcohol, tranquilizers, sleeping medication or non-prescribed medication for 24 hours.
- Do not make important decisions or sign any important papers for 24 hours after surgery.
- Patients receiving General Anesthesia must have someone stay with them for 24 hours.
- Children may appear flushed for several hours after surgery.
- Nausea/vomiting, drowsiness or dizziness may occur after anesthesia.
- Periodic deep breathing & coughing while awake for the first 48 hours.

Activity

- We recommend you go directly home. Restrict your activities and rest for the day.
- No strenuous activity or heavy lifting.
- Change your position slowly to prevent dizziness.
- Elevate head on 2-3 pillows for 24 hours.

Fluids and Diet

- Begin with clear liquids and light foods. Progress diet as tolerated.
- Increase fluids and fiber to prevent constipation, which can occur while taking pain medication.

Prescription(s)

Use as directed: _____

Your prescription has been phoned to: _____

You may resume your daily prescription medication schedule.

Do not resume Coumadin, Aspirin or any non-steroidal anti-inflammatory drug unless specifically instructed.

Other: _____

Operative Site

- Keep dressing dry and intact.
- Apply ice packs on and off every 30 minutes for 24-48 hours while awake.
- Leave any steri strips (tape) under dressing in place until they fall off. May remove dressing on _____
- May shower or bathe on _____
- Proper elevation to lessen swelling and discomfort.
- Men: Swelling and or bruising in private area is normal.

Gynecological Procedures

- No tampons, douching or intercourse until you see your physician for a postoperative visit.
- D & C and laparoscopic patients may have varying amounts of vaginal drainage for a few days.
- Laparoscopic patients may develop shoulder pain for 24 hours due to residual gas. Walking or heat to shoulders may help.
- Continue birth control method until after next menses.
- No tub baths, shower only.
- Sitz bath _____ times a day.

Plastic Procedures

- Arm chair positioning. Patient to lie on back.
- May _____ May not _____ remove lycra garment.
- Jackson Pratt drain care: _____
- Other: _____

Follow Up Care

Call Dr. _____ office at _____ to make an appointment.

Special Instructions

CALL YOUR SURGEON FOR ANY OF THE FOLLOWING PROBLEMS. AFTER OFFICE HOURS, YOUR PHYSICIAN CAN BE REACHED THROUGH THE ANSWERING SERVICE. IF YOU ARE HAVING PROBLEMS AND UNABLE TO REACH YOUR PHYSICIAN, GO DIRECTLY TO THE EMERGENCY ROOM.

- * Fever above 101 degrees
- * Increased redness, warmth, hardness around operative site
- * Excessive drainage from operative site
- * Swelling around operative site
- * Continued nausea/vomiting
- * Inability to urinate
- * Rash or itching after taking medication
- * Pain not relieved from medication
- * Excessive bleeding from operative site

INSTRUCTIONS RECEIVED BY _____

NURSE SIGNATURE _____ **DATE** _____