

MILLENNIUM SURGERY CENTER, Inc.

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

DISCHARGE INSTRUCTIONS

EYE 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 anesthesia.
- 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 for the rest of the day.
- Change your position slowly to prevent dizziness.
- No heavy lifting or straining. No bending over. No strenuous activity.
- Okay to shower or bathe; avoid soap or water to eyes and/or face.

Fluids and Diet

- Begin with clear liquids and light foods. Progress diet as tolerated.
- Increase fluids & fiber to prevent constipation.

Prescription(s)

- Use as directed: _____
- Your prescription has been phoned to: _____
- Tylenol or extra strength Tylenol for mild discomfort.
- You may resume your daily medications.
- You may resume blood thinners, Aspirin or Ibuprofen after 6 p.m. unless otherwise instructed.
- Other _____

Eye Surgery

- Leave eye shield in place. Do not remove. Do not get the tape wet.
- No eye medications to your surgery eye today.
- Report any sudden increase in pain or decrease in vision to your doctor.
- Depth perception is affected. Use caution on stairs and when reaching for objects.
- Report any excessive pain not relieved by Tylenol.
- Do not rub or touch your surgery eye.

Follow-Up Care

- Return Appointment: Day _____ Date _____ Time _____
- If you do not already have an appointment, call Dr. _____ office today 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 over 101 degrees
- * Pain not relieved by medication
- * Continued nausea & vomiting
- * Inability to urinate
- * Swelling around the operative area
- * Rash, itching after taking medication
- * Increased redness, warmth, and/or hardness around area
- * Excessive bleeding from operative site, or blood soaked dressing
(Small amounts of oozing may be normal)

INSTRUCTIONS RECEIVED BY _____

NURSE SIGNATURE _____ **DATE** _____