

HOME CARE INSTRUCTIONS FOLLOWING

ACTIVITY

SURGICAL SITE CARE

If you have steristrips; do not remove. They usually fall off in 5-7 days.

COMFORT

1. For mild discomfort, you may use over-the-counter medication.
2. For more severe pain you may need to use a prescription pain medication regularly at first and then only as needed. If pain medication does not keep you comfortable, contact your doctor. If **nausea** occurs, take food in 1/2 hour prior to taking medication. If nausea persists or rash occurs, STOP taking medication and call your doctor.
- 3.

MEDICATION

1. New medications:

2. Last dose of pain medication:

Prescription pain (narcotic) meds can cause constipation, which is no bowel movement for 2 or more days. Unless your doctor instructs otherwise, the following may help prevent constipation:

1. Increase fluids to greater than 8 glasses daily
2. Increase dietary fiber
3. Use an over the counter stool softener

DIET

1. Some of the sedative/anesthetic medication you received today may make you nauseated. Begin with clear liquids and then progress to solid foods as your stomach tolerates them. If you become nauseated, tea or carbonated beverages are helpful. If vomiting persists, call your doctor.



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SAFETY

1. You can expect to feel dizzy, weak and drowsy for as long as:
 - 24 hours after receiving general anesthetic
 - 12 hours after receiving sedation
 - While taking prescription pain medications
2. Please follow these instructions for that time:
 - a. **DO NOT** drive a car or operate machinery. Your reflexes and coordination are not up to normal. Have standby assistance on stairways. Children should not ride bicycles or ride-on toys.
 - b. No alcoholic beverages.
 - c. Postpone signing any important papers or making any important decisions.
3. Read prescription bottle for specific instructions regarding your medication.
4. Because of the effects of anesthesia/sedation, we recommend that you have someone stay with you for 12-24 hours or overnight following your procedure.

WHEN TO CALL

If any of the following symptoms occur:

SEVERE PAIN, FEVER OVER 101 °, PERSISTENT NAUSEA AND VOMITING, RASH OR ANY CONCERNS ABOUT YOUR RECOVERY.

WHO TO CALL

DR.

PHONE:

AFTER HOURS PHONE:

Aspirus Day Surgery Plus

Open 6:00 a.m.-7:00 p.m., Monday - Friday

Phone: 715.847.2907

RETURN APPOINTMENT

DR:

DATE/TIME:

AFTER HOURS PHONE:

A nurse will attempt to call you in the next few days to discuss your recovery and any questions or concerns you may have. If you have a question or concern before you hear from us, please don't hesitate to call. In case of an emergency, please go to your nearest emergency facility.

I have discussed the above information with a nurse and my questions have been answered to my satisfaction.

Patient or Responsible Party Signature

Date/Time

RN Signature

Date/Time