

Expect some discomfort after your procedure, even with pain medications. In case of emergency, contact your physician or seek assistance at the nearest hospital emergency room.

WOUND CARE

- Be alert for signs of possible infection, redness, swelling, heat, red streaks, or elevated temperature. Contact your physician immediately if any of these occur.
- Leave your dressing dry/intact until your follow-up appointment.
- You may shower in _____ days.
- Remove outer dressing in _____ days (steri-strips, etc.) in place.
- Remove all dressings in _____ days.
- Change dressing with:
 - Daily
 - Band Aid
 - Gauze
 - As needed

ACTIVITY

- No activity for _____ days.
- Normal (non-strenuous) activity.
- Limited activity for _____ days.
- Unlimited activity.
- Weight bearing as tolerated.
- Wear sling/immobilizer at all times.
- Elevate extremity.
- Ice pack/cold therapy for _____ days to reduce swelling.

DIET

- Resume a liquid diet until nausea has passed, then regular food.
- If nausea persists, call your physician.
- Soft Diet (i.e. soup, pudding, jello)
- Unlimited activity.
- Resume regular diet as tolerated.
- Special: _____

SPECIAL PRECAUTIONS

- No driving or operating heavy/dangerous equipment for _____ hours after surgery or while you are taking prescription pain medications.
- No alcoholic beverages for 24 hours or while taking pain medications.

MEDICATIONS

- Resume taking regular medications.
- Rx given: _____
- If you take a blood thinner (i.e. Coumadin, aspirin, etc.) resume taking it in _____ days after your procedure.
- If you are diabetic and on Metformin, or a medication containing Metformin, you may resume taking it in _____ days after your procedure.

FOLLOW-UP APPOINTMENT

- Call your physician at _____ for an appointment in _____ days.

SPECIFIC INSTRUCTIONS

- _____

Physician signature: _____

Date: _____

Nurse signature: _____

Date: _____

I have read and understand the above:

Patient signature: _____

Date: _____