

1. **Please Return Home and Rest.** Your activity level is influenced by the anesthetic agent you have received. Usually, normal daily living activities may be started the following day. You will need to **breathe and cough often** for the first **24 hours** post-op. You may experience lightheadedness, dizziness, and sleepiness after surgery – someone should **stay with you overnight**.
2. **Activity:** After general anesthesia, IV sedation, or certain nerve blocks, judgment and/or motor function may be impaired for up to 24 hours and possible longer.

During this period:

- **DO NOT** drive a car.
- **DO NOT** operate complicated machines or power tools
- **DO NOT** make important, binding decisions.
- **DO NOT** drink alcoholic beverages.
- **CHILDREN: No** bicycle riding, skateboards, gyms, etc.

Denture/dental appliance returned \_\_\_\_\_

Glasses/contacts returned \_\_\_\_\_

Hearing aid/aids returned \_\_\_\_\_

Prosthetic returned \_\_\_\_\_

3. **Discomfort:** Your physician will tell you what medication to take for discomfort. Take only the medication which your physician has prescribed. If an unusual amount of discomfort is experienced, **contact your doctor**.
4. If you were prescribed pain medication, you may take your next dose at \_\_\_\_\_. When taking pain medication, remember to:
  - Take with food to decrease nausea.
  - Increase fluid intake to decrease constipation.
  - No additional Tylenol with most pain medicines.
  - No driving while taking pain medicine.
  - If you develop a rash, itching, or wheals, stop taking the medicine and **contact your doctor**.
5. **IV:** The IV can sometimes cause bruising that can last up to 2 weeks, this is very common. The firmness and sometimes tenderness of the vein usually clears up without treatment. If this condition continues without improvement, it's important for you to **contact you doctor**.
6. **Sleep Apnea:** If you have been diagnosed with Obstructive Sleep Apnea and treated with a CPAP, it is very important that you use your machine after surgery. Anesthesia and pain medications can potentially worsen sleep apnea.
7. **Moving around:** Move slowly today. If you are nauseated or dizzy, you should not get up. Change positions slowly and do not try to stand for long periods today. **Do not climb stairs without help** for the first 24 hours.
8. **Food:** If you have nausea or vomiting, start with liquids as directed by your doctor, soup or jello, then gradually work up to solid foods. We do not recommend spicy or greasy foods the first day. If nausea and vomiting continue, **contact your surgeon**.
9. **If you are unable to pass urine within 12 hours of your discharge, please contact your doctor.**
10. **Surgery site:** keep the operative areas clean and dry. Do not remove the dressing unless instructed to do so by your doctor. Wash hands thoroughly before and after changing the dressing. Watch the operative areas for signs of infection (increased pain, swelling, heat, redness, bad odor, temperature >100.5 F). If these signs and symptoms are present, **contact your doctor**. Watch the operative areas for signs of heavy bleeding (slow, general oozing that soaks the dressing completely or bright red bleeding). In either case, apply pressure to the area, elevate if possible and **contact your doctor**. Some drainage is normal and to be expected.
11. Do not use heating pads on surgical area.
12. **There is a potential for blood clot formation following surgical procedures.** If you experience any of the following: Leg pain/tenderness, swelling in the leg, shortness of breath, chest pain, bloody sputum, faintness, or heart failure. **Please contact your surgeon or seek medical attention immediately.**

Caregiver Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Witness: \_\_\_\_\_