



WEST BLOOMFIELD GENERAL SURGERY

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General Surgeon

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PATIENT DISCHARGE INSTRUCTIONS

Dietary Restrictions

- Allow appetite to dictate food intake
- Increase fluid intake after surgery

Activity Instructions

- Go directly home from hospital and rest; resume light to normal activity tomorrow.

Medication Instructions

- Resume your prescribed medications as directed.
- When taking pain medications, you may experience dizziness or drowsiness. Do NOT drink alcohol or drive when you are taking these medications.
- You may take non-prescription medications that you normally use, preferably one that does not contain aspirin.

General Anesthesia or Sedation

- Do not drive or operate machinery for 24 hours
- Do not use alcohol, tranquilizers or sleeping medication for 24 hours
- Do not make important decisions for 24 hours
- It is not advisable to stay home alone the first night after surgery
- You may experience dizziness, sleepiness, muscle aches after surgery

Care of Surgical Site

- Do not change your dressing, keep it clean and dry
- Apply ice pack to surgical site every 3-4 hours while awake
- You may remove your dressing in 24 hours
- **KEEP STERISTRIPS ON AFTER DRESSING IS REMOVED.**
- May shower and wash incision after dressing is removed.

Call our office if any of the following occurs

- Fever over 100 degrees by mouth, or 101 degrees if taken rectally
- Pain not relieved by medication prescribed
- Signs of infection; swelling, redness, warmth, hardness around incision
- Tenderness, redness or swelling of calf. Numbness in fingers or toes
- Blood soaked dressing (small amount of oozing may be normal)
- Unable to urinate