

## GENERAL POSTOPERATIVE INSTRUCTIONS

1. You may experience light headedness, dizziness, and sleepiness following surgery. Please do not stay alone. A responsible adult should be with you for the first 24 hours.
2. Do not drive or operate hazardous machinery for 24 after receiving anesthesia or while taking pain medication.
3. Do not make important personal or business decisions or sign any important documents for 24 hours.
4. Do not smoke or drink alcoholic beverages for 24 hours after surgery. Alcohol can enhance the effects of anesthesia and sedation.
5. If your bandages become soaked with bright red blood, place another dressing over the area. (Do not remove the original bandage) Call your physician for further instructions. A small amount of bright red blood is to be expected.
6. Limit your activities for 24 hours unless specified by your physician. You should be assisted to the bathroom for the first 6–8 hours. Do not engage in vigorous exercise for 4–6 weeks.
7. You should perform deep breathing and coughing exercises for 6–8 hours.
8. Some anesthetic agents and pain medications may cause nausea. If nausea becomes a problem at home, contact your physician.
9. Report the following signs or any questions regarding your physician condition to your physician immediately:
  - a) Excessive swelling around the surgical area
  - b) Redness or hot sensation to the surgical area
  - c) Temperature of 100 or above
  - d) Excessive pain uncontrolled with your pain medication
  - e) Foul odor from incision site
  - f) Drainage from incision site
10. Keep operative site clean and dry. Do not remove bandages unless instructed.
11. You may shower the day after surgery as usual. Do not take a tub bath, swim, or use a hot tub until incision sites are completely healed (about 2 weeks).
12. Eat light foods such as jello, soup, or crackers and drink clear liquids as you can tolerate them without feeling sick to your stomach.
13. You may use an ice pack for the first 24–48 hours to help with swelling.
14. Do not use any make-up, lotions, or vitamin E cream to your incision sites until instructed by your physician.
15. Swelling can take some time to diminish after surgery. Normal recovery can take 6–8 weeks. However, some patients heal slower than normal so recovery may be longer. Bruising of the skin may have similar recovery time.
16. If your surgery requires the use of a support garment, wear your garment continuously until instructed by your physician.
17. Contact the office at (360) 479–4370 for any questions or concerns regarding your surgery.

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Patient's Signature \_\_\_\_\_ Date \_\_\_\_\_