

MCKENZIE SURGERY CENTER

an affiliate of 

Discharge Instructions

The following instructions will help with your recovery at home.
The staff is interested in your well-being after your visit to our unit.

DRIVING

- Do not drive a motor vehicle or engage in potentially hazardous work until the following day, or while taking narcotics.

DRINKING

- Do not drink alcohol for 24 hours or while taking narcotics

DECISIONS

- Do not make important personal or business decisions for 24 hours.

ACTIVITY

- Resume normal activity.
- You should have someone with you until the following day to assist you with your activities. Rest at home until the following day.

DRESSING - (Keep your dressing clean)

- DO NOT remove.
- DO NOT get dressing wet.
- You may remove on _____
- You may bathe or shower on _____

DIET

- Begin with clear liquids if no nausea.
- Advance to soft foods.
- Resume your normal diet as tolerated.

DOCTOR'S APPOINTMENT

- You have an appointment at your doctor's office _____.
- Please call your doctor's office to schedule your next appointment. For _____.

PRESCRIPTIONS

- None. Given to family/other. Given pre-op.
- Take medication as prescribed by your physician.
- Move slowly as the medication you received may make you lightheaded and unsteady on your feet.
- Take pain medicine with food if possible.
- Pain medicine may cause constipation.
- Your last pain medication at the center was at _____
- Your last antibiotic at the center was at _____
- Your last nausea medication was at _____

Call Dr. _____ @ 541 _____ immediately if any of the following occurs:

Unusual difficulty with urination

Intolerable or unusual pain

Bleeding that does not stop

Fever of 101 or greater

Persistent nausea or vomiting

Unusual redness/swelling or drainage of pus

If you are unable to contact your physician, you may call 911 or go to the nearest emergency department.

Additional special instructions: _____

Advice on how to promote recovery from surgery

We would like to share with you some recommendations on how to promote your recovery from the surgical procedure that you have recently undergone at the McKenzie Surgery Center. Please use this information in addition to the instructions that you have received from your surgeon's office. Our combined goal is for you to have a safe and uneventful recovery from your procedure and rapid return to normal function. There are several important matters that we would like to cover with you in the material below.

Avoidance of Infection

1. Do not remove the surgical dressing until your surgeon or the center has instructed you to do so.
2. Always wash your hands before touching any area around your incision site until skin has fully healed.

Avoidance of breathing difficulties after general anesthesia

1. Take deep breaths every hour while you are awake.
2. Change positions you are lying, or sitting in at least every two hours while awake.

Avoidance of pain that becomes so intense that it cannot be controlled

1. Take your pain medicine as prescribed.
2. If you experience side effects (itching, nausea, vomiting) and they are a problem for you, contact your physician.
3. Many pain medicines can be constipating please follow instructions listed below.

DVT and Pulmonary Embolism

A rare, but very serious condition that can occur after general anesthesia is that of deep vein thrombosis (blood clots in leg veins) and pulmonary embolism (blood clots travel from legs to lungs). This is a potentially fatal condition, yet can be treated if recognized early. First, you should know what are the signs and symptoms of this and second, what to do about it.

Activity after surgery-avoid immobility

1. Do not lay in bed or in a recliner for long periods of time. Get up and move around, changing position. You may require assistance from a caregiver.
2. Perform hourly, while awake, alternating ankle flexion (stretching toes, foot toward your head as best as you can), with foot extension (toe pointing) and ankle circles.
3. If your activity is not restricted, make a point to get up and walk as much as possible, even if it is for short distances throughout the day.

Deep Vein Thrombosis

1. Usually occurs in one leg and may be above or below the knee
2. Swelling; one calf or thigh may be larger than the other
3. Swelling along a vein of the leg
4. Feeling of increased warmth in the area of swelling or pain
5. Leg pain may increase when standing or walking
6. Tenderness of the leg or calf that may be confined to one area
7. A change in leg color (bluish or red)

What to do: Call your physician's office regarding this matter and have it evaluated.

Pulmonary Embolism:

1. Chest pain that gets worse with a deep breath, coughing or chest movement
2. Shortness of breath or difficulty breathing
3. Coughing up blood
4. Rapid heart rate
5. Sweating
6. Lightheadedness

What to do: Call your physician's office regarding this matter and have it evaluated. If symptoms are severe, call 911.

Adequate Water Intake after surgery

1. Ensure that you are taking adequate fluids after surgery to produce clear-colored urine (a sign of good hydration).

Constipation

1. Incorporate additional fiber in your diet
2. If you experience constipation, discuss with your physician when you can use non-constipating analgesics such as Tylenol® (acetaminophen).