

Post Operative Discharge Instructions

Instructions Regarding your Recovery:

Medicines

- You may be prescribed pain medicine. Do not wait until your pain becomes severe before taking the medicine. It may not work as well if you wait too long to take it between doses.

Medication Ordered:

- Prescription given at Office Prescription to be given at discharge N/A

- You may be prescribed antibiotics to help treat or prevent infection. Be sure to take all of the antibiotics even if you start to feel better.

Medication Ordered:

Diet

- Start with liquids and then slowly add solid foods back into your diet
 Drink plenty of fluids
 Other instructions: _____

Activity

- Rest as often as needed
- Walk as often as you feel able Full Weight Bearing Partial Weight Bearing ____%
 Non-Weight Bearing
- Use assistive device as ordered Crutches Walker Cane
- Do not do any strenuous activities for _____ weeks
- Avoid lifting anything over 10 pounds for _____ weeks
- Avoid driving until your post operative check up at the office



5301 South Congress Avenue, Atlantis, FL
POST OPERATIVE DISCHARGE INSTRUCTIONS



Patient Identification/Label

Post Operative Discharge Instructions

Instructions Regarding your Recovery:

- Do the coughing and breathing exercises you were taught in the hospital. If you were given an incentive spirometer to help with breathing, use it as directed. This is important and will help prevent lung infections
- Ask your healthcare provider when you can return to work at your post-op visit

Incision and drain care

- Keep your incision clean and dry. It's OK to wash the skin around your incision with mild soap and water
- Dressing can be removed after _____ hours. Keep clean and dry
- If you have a drain, record the amount of drainage daily. You will need to empty the drain and clean the attached tubing daily.
- Do not sit in a bathtub, pool, or hot tub until your incision is closed and any drains are removed
- When coughing or sneezing, hold a pillow firmly against your incision with both hands. This is called "splinting." Doing this helps protect your incision and decreases discomfort
- Avoid picking, scratching, or pulling at your incision
- Do not use oils, or creams on your incision

Follow-up

You will have one or more follow-up visits with your healthcare provider. These are needed to check how well you're healing. Your drain, stitches, or staples may also be removed during these visits.

- Your Post op follow-up appointment is scheduled for _____
- Call your physician office to schedule your post-op visit _____

When to call the healthcare provider

Call your healthcare provider right away if you have any of the following:

- Fever of 101°F or higher, or as advised by your healthcare provider
- Pain or tenderness in the leg
- Increased pain, redness, swelling, bleeding, or foul-smelling drainage at the incision site
- Incision separates or comes apart
- Problems with the drain if you have one
- Pain or hardness around you incision that gets worse or isn't relieved by pain medicine
- Nausea and vomiting that won't go away
- Diarrhea that lasts more than 3 days
- Constipation or inability to pass gas for more than 3 days
- Dark-colored or bloody urine
- Bright red or dark black stools
- Itchy, swollen skin; skin rash
- Problems urinating

If you have chest pain, trouble breathing or have a medical emergency call 911 or go directly to the closest Emergency Room

Physician Signature

Print Name

Date

Time



5301 South Congress Avenue, Atlantis, FL
POST OPERATIVE DISCHARGE INSTRUCTIONS



POS HCAFL-H-JFK-10101 Rev. 06/2018

Page 2 of 2

Patient Identification/Label