

**DR. FAILLA'S AMBULATORY SURGERY DISCHARGE INSTRUCTIONS**

1. GENERAL ANESTHESIA OR SEDATION

Do not drive or operate machinery for 24 hours and you should have someone with you tonight at home.  
Do not consume alcohol, tranquilizers, sleeping medications, or any non-prescribed medication for 24 hours.  
Do not make important decisions or sign any important papers in the next 24 hours.

2. ACTIVITY

- Go directly home from the hospital. Restrict your activities and rest for a day. Resume light to normal activities.
- Resume normal activity today. Do not engage in strenuous activity that may place stress on your incision.
- Specific activity instructions: \_\_\_\_\_

3. FLUIDS AND DIET

- Begin with clear liquids, bouillon, dry toast, soda crackers. If not nauseated, you may go to a regular diet when you desire. Greasy and spicy foods are not advised.
- Specific diet instructions: \_\_\_\_\_

4. MEDICATIONS

- Prescription sent with you. Use as directed. When taking pain medications, you may experience dizziness or drowsiness. Do not drink alcohol or drive when you are taking these medications.

5. OPERATIVE SITE

- Keep dressing clean and dry.
- Do not change dressing.
- Special instructions: \_\_\_\_\_

6. EXTREMITIES: ARMS, HANDS, LEGS, FEET

- Keep operative extremity elevated as much as possible to lesson swelling and discomfort.

7. FOLLOW-UP CARE

- Follow up in the office for your post-op check up as scheduled. Call your surgeon if you have any problem that concerns you. After office hours, you can reach your physician through his answering service
- You received an axillary block, the following instructions apply:
  - Keep surgical arm in an arm sling for 24 hours
  - Your arm may remain numb and weak for 24 hours
  - Use caution around hot or sharp objects
  - Notify Great Lakes Surgical Center or Dr Failla if you have persistent numbness or weakness after 24 hours

**IF YOU NEED IMMEDIATE ATTENTION, GO TO THE NEAREST EMERGENCY ROOM**

SPECIFIC COMPLICATIONS TO WATCH FOR:

- \* Fever over 101°F by mouth
- \* Pain not relieved by medication ordered
- \* Swelling around operative area.
- \* Inability to urinate.
- \* Numb, tingling, or cold fingers or toes.
- \* Blood-soaked dressing. (small amounts or oozing maybe noted)
- \* Increasing and progressive drainage from surgical area
- \* Increased redness, warmth, hardness, around operative area.

A follow-up call will be attempted by a recovery room nurse 24-48 hours to check on your progress. If you have any questions, call your surgeon

Physician Signature \_\_\_\_\_ Date \_\_\_\_\_

I have read and understand the above instructions. I have no further questions regarding these instructions.

Patient Signature \_\_\_\_\_ Companion Signature \_\_\_\_\_