PROCEDURE DISCHARGE INSTRUCTIONS

We hope that your recovery continues uneventfully at home. Please review and follow the instructions below in addition to any specific instructions that you may have received from your surgeon. It is not unusual to feel tired or drowsy after surgery. **You should have someone with you for the first 24 hours after you return home.** You may also experience a mild headache, muscle aches, or slight nausea after surgery. These symptoms should resolve after a day or two.

**ACTIVITY:**
- Rest quietly for the remainder of the day.
- **You may not drive for 24 hours** after anesthesia or at any time that you are taking narcotic pain medications. **You also should not operate any machinery or make any important decisions during this time.**
- You may resume normal activity tomorrow.

**DIET:**
- For today, eat lightly; Start with fluids and increase your diet as tolerated.
- Drink plenty of fluids.
- You should not drink any alcoholic beverages for the next 24 hours.

**MEDICATIONS:**
- Take all medications only as directed. Most pain medications are better tolerated if taken with food.
- If you are taking an antibiotic, please be sure to finish the prescription.
- You may resume your regular medications.

**SPECIAL INSTRUCTIONS:**
- Follow up with your physician as directed.
- Drink plenty of fluids.

**NOTIFY YOUR SURGEON IF YOU:**
- Develop severe pain that your pain medication does not relieve
- Have persistent nausea and vomiting
- Develop a fever over 101 degrees
- Develop signs of a urinary tract infection

If you should experience any problems that you feel warrant the attention of a physician and you cannot reach your surgeon through his/her office or answering service, please go to the Emergency Room which is closest to you.

The above discharge instructions have been received and understood by me:

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<tr>
<th>Signature</th>
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Signature of Nurse Reviewing Instructions Date

Patient Label