



Outpatient Discharge Instructions Orthopedic

1. GENERAL ANESTHESIA OR SEDATION

- Do not drive or operate machinery for 24 hours from discharge.
- Do not consume alcohol, tranquilizers, or sleeping medications.
- Do not make important decisions or sign any important papers in the next 36 hours.
- Carry or guide child up and down stairs. Keep child indoors resting or playing quietly.

2. ACTIVITY

- € You are advised to go directly home from the Surgery Center. Restrict your activities and rest for a day. Resume light to normal activity tomorrow.
- € You may resume normal activity today, but do not engage in strenuous activity that may place stress on your incision.
- € May return to work/school on _____ € or to be decided after follow-up appointment.
- € No lifting restriction

3. FLUIDS AND DIET

- € Begin with clear liquids, bouillon, dry toast, soda, and crackers. If not nauseated you may go to a regular diet when you desire. Greasy and spicy foods are not advisable for today.
- € Increase your fiber intake if you are prescribed narcotics.

4. MEDICATIONS

- € Prescription (s) 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. Do not wait for severe pain before you take pain medication.
- € You may take a non-prescription "headache remedy" type medication that you normally use, if your surgeon permits, preferably one that does not contain aspirin.
- € You may resume your daily prescription medical schedule.
- € RX: _____ RX: _____

5. OPERATIVE SITE

- € Keep dressing clean and dry. € Change dressing when soiled or wet. € Do not change dressing. € May wash over incision in shower in ___ days. € May remove dressing in ___ days. Special Instructions: NO BATHS, swimming pools, or Jacuzzis; ONLY SHOWERS.

DO NOT REMOVE STERI STRIPS UNLESS INSTUCTED TO DO SO; THEY WILL FALL OFF NATURALLY IN ABOUT 1 WEEK IF APPLICABLE, LOCAL INJECTION WAS UTILIZED AND EFFECTS WILL DIMINISH WITHIN 24 HOURS

6. EXTREMITIES: Arms, Hands, Legs, and Feet

- € Keep operative extremity elevated as much as possible to lessen swelling and discomfort. € Do not get cast wet.
- € Ice to operative site € Do not bear weight on operative foot/leg. € Use crutches when ambulating. € Weight bear as tolerated.
- € If applicable, exercise of extremity has been explained to me of: _____

7. FOLLOW-UP CARE: Specifically Watch For

- Increased swelling, redness, warmth, hardness around operative area
- Blood soaked dressing (small amount of oozing may be normal)
- Increasing and progressive draining from surgical area or exam site
- Numb, tingling, or cold fingers or toes (applicable to surgery on extremities)
- Fever over 101° by mouth
- Inability to urinate
- Pain not relieved by medication ordered
- **If you have specific questions regarding your discharge instructions contact Southern New Mexico Surgery Center between the hours of 8 am – 5 pm Monday-Thursday at (575) 437-0890 and ask to speak to a nurse.**
- **If you have questions or problems with your prescriptions or surgical procedure please call the physician office at (575) 434-0639.**
- **After hour care is handled by the physician office at (575) 434-0639. One of our doctors is on call 24 hours a day. If you have an emergency or need immediate medical treatment go to the emergency room or call 911.**

PATIENT COPY

PATIENT LABEL