

**DIET:**

You may resume your usual diet as you can tolerate it. If you experience nausea or vomiting, avoid eating solid foods. Try tea, Gatorade, 7-Up, etc. until nausea passes.

**MEDICATIONS:**

Patient given Rx: \_\_\_\_\_

1. Continue routine medications.
2. Pain medicine or other medications may be ordered; take them as instructed.
3. Do not drink any alcoholic beverages while taking your prescribed pain medication or drive a car.
4. If no pain medication is ordered for you, your usual pain medications should relieve your discomfort.

**SEDATION:**

You may experience some weakness, dizziness, sleepiness and loss of memory. A responsible adult must be with you for 24 hours because of the effects of the sedation. Do not drive a car, operate dangerous machinery or make important or legal decisions for 24 hours. Do not consume alcoholic beverages for 24 hours following your surgery or while you are taking any prescribed pain medications. Some activity should be limited for up to 24 hours after surgery due to the effects of anesthesia or sedation.

**LOCAL:**

If you have had only a local anesthetic without sedation, you may resume your normal activities as soon as you feel able. Do not perform activities that will increase the risk of direct injury to the operated site.

**ACTIVITY:**

1. Resume your normal activities as soon as you feel able unless the surgeon instructs you otherwise.
2. You may shower or bathe as long as you do not allow the shower water to strike the wound directly.

**WOUND CARE:**

1. Keep dressing and/or incision clean and dry.
2. Remove dressing after 24 hours unless otherwise instructed by your physician.
3. Keep wound clean, wash gently with clean fingertips, soap, and water. It is not unusual to note swelling, redness, bruising, discoloration or bleeding around the incision.
4. **DO NOT** let the shower directly strike the wound.
5. Apply an antibiotic ointment to the wound twice daily.

**FOLLOW-UP:**

Office appointment \_\_\_\_\_

Keep appointment as made during patient's pre-op visit.

Other: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**MISCELLANEOUS:**

Contact physician if patient experiences:

1. **Severe** and **persistent** pain not relieved by medication.
2. **Persistence** or **heavy bleeding** or drainage from the surgery site.
3. If you are concerned or have excessive redness, tenderness, swelling or discoloration around the area of your surgery.
4. If your oral temperature is greater than 101° F and lasts for eight hours or more.

**Drs. Jetmore, Bawa, & Hirons**

Telephone (765) 966-1600

Toll Free (800) 891-1633

For serious problems report to your nearest Emergency Department.

Instructions explained by: \_\_\_\_\_ Date: \_\_\_\_\_

I understand the above: \_\_\_\_\_ Relationship: \_\_\_\_\_

**PATIENT INSTRUCTIONS**

**LOCAL PATIENTS**

**DRS. JETMORE, BAWA, & HIRONS**

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