



## POST-OPERATIVE INSTRUCTIONS

### Returning Home

The patient should be in an appropriate car seat or if old enough secured by a seat belt, sitting in an upright position. Although the patient met criteria for discharge, the medication can have lasting effects. The patient should not be left alone for next six hours and should continue to rest for the remainder of the day.

### Activity

It is common for the patient to be sleepy, dizzy or off balance after sedation or general anesthesia. For the first few hours, the patient should not be permitted to walk unassisted. Patients may be nauseous, which may be increased by the automobile ride home. The patient should not make any business decisions for at least 24 hours.

### Eating and Drinking

We understand that patients are typically hungry following their treatment, but we ask you to follow these guidelines. Start with clear liquids in small amounts upon arriving home. After 20-30 minutes, advance to some soft simple carbohydrates. If the patient rejects food, do not force it. A regular diet may be resumed three hours after arriving home. No alcohol for 48 hours.

### Pain Management

Most patients will receive intravenous pain medication at the conclusion of treatment. Additional pain control strategies will be discussed prior to discharge and indicated in the box below.

### Intravenous Site

Most of the time the IV will be removed before the patient is fully alert. A bandage will be placed at the site and may come off at any time. No further care should be required other than to observe it once per day for redness, swelling or discomfort. If this does occur we ask that you contact us promptly (801) 631-1213.

### Call us if:

- Vomiting persists beyond four hours.
- Temperature remains elevated beyond 24 hours.
- Persistent or excessive bleeding.
- Patient unable to drink liquids at home.
- Pain not relieved by OTC medication.
- Any other matter that causes concern.

Post-Operative Pain Management	
Medication	Time
_____	_____
_____	_____