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

3. FLUIDS AND DIET
   a. 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.
   b. Specific diet instructions: ____________________________

4. MEDICATIONS
   a. 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
   a. Keep dressing clean and dry.
   b. Do not change dressing.
   c. Special instructions: ____________________________

6. EXTREMITIES: ARMS, HANDS, LEGS, FEET
   a. Keep operative extremity elevated as much as possible to lesson swelling and discomfort.

7. FOLLOW-UP CARE
   a. 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.
   b. 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
* Numb, tingling, or cold fingers or toes.
* Pain not relieved by medication ordered
* Blood-soaked dressing. [small amounts or oozing maybe noted]
* Swelling around operative area
* Increasing and progressive drainage from surgical area
* Inability to urinate.
* 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 ___________________