
GENERAL DISCHARGE INSTRUCTIONS

□ Anesthesia Side Effects:

- You were given an anesthetic agent or sedative today for your procedure. For the rest of today, you may look as if you have a slight fever; your face might be red and your skin might feel warm and sweaty. Because the medications are still in your system, for the next twenty-four (24) hours you should:
 - Not drive a car, operate machinery or power tools
 - Not drink alcoholic beverages (not even beer), or smoke
 - Not make any important legal decisions or sign any important papers
 - You are not permitted to leave SHSC alone. A responsible adult must be with you for the rest of the day and also during the night for your health and safety.
 - You may experience a headache, you can take Acetaminophen/Tylenol
 - You may have a sore throat with tenderness with hoarseness, this can be relieved with warm salt water gargles and occasionally, Acetaminophen/Tylenol

□ Pain:

- The doctor may have prescribed medication for pain. This should be taken as directed. If the pain is not relieved, contact your physician.

□ Nausea and Vomiting:

- It is best to start with liquids such as soft drinks (soda), then soup and crackers, and gradually work up to solid foods. If your nausea and vomiting persists for more than a few hours, you should call your physician.

□ Bleeding:

- We do not expect you to have excessive bleeding as a result of your procedure. Should you experience any excessive bleeding, call your physician immediately, or call 911 or go to the nearest Emergency Room.

□ Infection

- We do not expect you to develop an infection as a result of this procedure, however, possible signs of an infection include: Temperature > 101°/Redness, swelling, warmth or drainage at the surgical site
- If you have any of these signs/symptoms, please notify your physician immediately.
- If you have redness, pain, swelling, discomfort or bruising at the IV site, apply warm compresses. If red streaks from IV site appear without relief from warm compresses, call your physician.

□ General Items:

- DVT Precautions: Refer to DVT Prevention Guidelines included in your discharge package
- You should rest at home, but may be up and about as per your physician's instructions. If any questions arise, contact your physician. If you are unable to reach your physician please call the Short Hills Surgery Center at (973) 671-0555, between the hours of 7:00 am and 4:00pm, Monday – Friday
- We will be calling you on the next business day to see how you are doing.

* If you received **Spinal Anesthesia** please see attached – Additional Instructions for **Spinal Anesthesia** with Sedation

SPECIAL INSTRUCTIONS: _____

Return for follow-up appointment:

Physician: _____ Phone # _____

The above discharge instructions have been reviewed with me and I have been given an opportunity to ask questions. I have a good understanding of the instructions. I understand if I have questions in the future, that I should contact my physician.

Signature of Patient, Guardian or Responsible Party

Date

Nurse's Signature

IN CASE OF EMERGENCY, PLEASE CALL 911 OR GO TO NEAREST EMERGENCY ROOM