

POST-OPERATIVE/PROCEDURE DISCHARGE INSTRUCTIONS

- **DO NOT** drive or operate motorized vehicles for 24 hours following procedure.
- **DO NOT** drink alcoholic beverages for 24 hours following procedure and while taking pain medications.
- **DO NOT** take any medications not specifically prescribed without consulting your physician.
- **DO NOT** sign any documents or make any decisions that are legal or business in nature for 24 hours following procedure.
- If you should experience excessive bleeding, persistent nausea or vomiting, any pain that is unusual, swelling or fever, please notify your physician for further instructions.
- If your bandages become soaked with bright red blood, place another dressing pad over your bandages. Do not remove the original bandage. Call your physician for further instructions.
- Take your pain medication as directed by your physician. If pain is not controlled by medication, call your physician. When taking pain medication do not drive or drink alcoholic beverages. Dizziness is not unusual.
- Drink plenty of water unless otherwise directed.
- Activities as directed. Do not engage in sports or heavy work until your physician gives you permission.
- Return to your physician's office for follow up care as directed.
- If problem arise please call the office asap. (Circle physician) Dr. Vargas or Dr. Benavides
- Additional instructions:

Avoid lifting > 10 lbs. Avoid aspirin products for 2-3 days post procedure. Okay to use ice pack for comfort. Remove bandaid/dressing tomorrow, may shower tomorrow. Avoid tub baths-soaking or submerging injection sites. No hot tub baths or swimming pools. Call MD for any new numbness/tingling. Report to nearest emergency room for inability to move extremities or bladder and bowel issues.

I HAVE READ AND UNDERSTAND THE ABOVE INSTRUCTIONS

Patient's Signature

Date

Nurse's/MA Signature

Date