

POSTOPERATIVE INSTRUCTIONS
For Conscious Sedation Surgeries/Procedures

Care-giver Instructions:

- Patient may be drowsy for 12-24 hours.
- Patient may seem very alert and capable but they are not.
- Patient will need assistance with meals, taking their medications and getting around.
- Find a place for them to rest, in bed, a couch or easy chair. They should not be active.
- Check on them regularly to see how they are doing.
- It is best to take pain medications with food.
- Review and follow all directions given written and orally.
- Patient should not drive for at least 24 hours

Follow these instructions:

- Have the patient rest in a comfortable place such as an easy chair, couch, or bed.
- Keep them at a 45-degree angle. This may require 2-3 pillows. Elevate feet.
- Apply cold compresses (e.g. crushed ice or frozen peas in a small plastic zip-lock baggie) to the surgical area for the first 12-24 hours to help minimize swelling and bruising.
- Encourage fluids and soft diet.
- Take medications as directed. Pain medications can cause nausea or stomach upset and are best taken after they have had something to eat.
- No alcohol for 24 hours or while taking prescription pain medication.
- If tape (steri-strip) is placed over the incision line(s), please leave the tape undisturbed until your follow-up visit. If the tape comes off before your follow-up visit apply over the counter antibiotic ointment (e.g. Bacitracin, Polysporin, etc.) to the incision line three to four times a day. No need to replace the tape.
- Light activity for 7-10 days. Avoid bending, lifting and strenuous exercising for one week.
- Sleep with your head elevated (30-45 degrees) for one week by using two to three pillows.
- You may shower and wash near the incision site or area. Avoid tugging or pulling on the incision site or area when washing and/or shaving. Gently pat dry and reapply your ointment after bathing if currently using ointment.
- Use the medications prescribed for you. When you feel your discomfort can be managed with nonprescription medication we recommend Acetaminophen (Tylenol). Do not use Aspirin or Ibuprofen products that predispose you to possible bleeding.
- **If you have questions or concerns, please call the office at 503-581-1567.**