

POST-SURGERY INSTRUCTIONS

The following are your post surgery instructions. One of the Surgical Facility's nurses will go over these instructions with you or your caregiver at the time of discharge.

- Anesthetics and other medications will be in your body for 24 hours, so you may feel a little sleepy. This feeling will slowly wear off but for the next 24 hours the patient **should not:**

- ▶ Drive a car and operate machinery or power tools.
- ▶ Drink any alcoholic drinks (not even beer).
- ▶ Take any medication except as directed.
- ▶ Make any important decision such as signing legal documents.

If you are taking post surgical narcotics, you should continue to follow these guidelines until the narcotics are discontinued

- Certain anesthetics and pain medications may produce nausea and vomiting in certain individuals. It is common to have 1-3 episodes of vomiting during the first 24 hours. If nausea and vomiting continues to be a problem after 24 hours, call your physician.
- Monitor temperature at least twice a day. Increase fluid intake if temperature is 99-101 degrees. Call our office if it above 101.5 consistently despite taking your pain medication or Tylenol as directed.
- Drink at least _____oz. of fluids every _____hour(s) while awake until your first post-op appointment.
- Return slowly to regular diet as tolerated. It is better to start with liquids such as ginger ale, gatorade or apple juice, then soup and crackers, and gradually solid food. Drink water frequently for 1-2 weeks.
- Elevate the head of your bed 6-10 inches until your next appointment or until MD tells you it is no longer necessary.

- Using a humidifier/vaporizer in the room you will be spending most of the time can be beneficial by moisturizing the air you breathe.
- Minimal activity until first postoperative visit or as instructed by your physician.
- Avoid bending, lifting over 10 lbs. or any strenuous activities for two weeks or until MD tells you it is ok to do so.
- Keep operative site elevated for the next 24-72 hours.
- Keep operative areas clean and dry. Do not remove the dressing unless instructed to do so by MD.
- May change nasal dressing as needed.
- No water in ears after ear surgery. If drainage occurs from ear tubes any time after the first 24 hours, please call our office.
- You will be given a prescription for pain medication if appropriate. Please call for refills during the week from 9 am to 3 pm.
- No traveling out of the area for two weeks unless approved by your surgeon.
- Refer to specific post-op instruction sheet.
- If vocal cord surgery, strict voice rest of two (2) weeks. May not make any sound.

It is essential for you and those who will care for you to review thoroughly the information given to you.