
Patient Surgery Discharge Instructions Generic Precautions After Surgery

These instructions are intended to guide your recovery to be as smooth as possible. Always follow any additional instructions given by Dr. Mayo or his team, contact the office if you have questions.

General

- Rest and relax for 24 hours. Make arrangements to have someone stay with you for 24 hours after surgery.
- Avoid hazardous and strenuous activities.
- Do not drive or operate mechanical equipment for 24 hours. Reactions may be affected by the medications you are given.
- It is not unusual to feel light-headed or faint for up to 24 hours following your procedure, or while taking pain medication. If you have these symptoms; sit for a few minutes before standing and have someone assist you when you get up to walk or use the rest room.
- Do not drink alcoholic beverages for at least 24 hours.
- Drink clear liquids (water, apple juice, ginger ale, sprite, etc.) and progress to your regular diet as tolerated
- Narcotic pain medications can lead to constipation, A high fiber diet, fluids, ambulation and stool softeners can prevent this.
- Do not make important decisions for 24 hours

Additional Instructions:

I received and understand my discharge instructions and have received my personal belongings.

Registered Nurse Signature: _____ Date: _____

Patient/Guardian Signature: _____ Date: _____

