



PSI Surgery Center, LLC.

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Centerville, Ohio 45458
(937) 886-2980

GENERAL DISCHARGE INSTRUCTIONS

1. The medication or sedation given to you will be acting in your body for the next 24 hours because of this you may experience sleepiness, dizziness, and/or some light headedness. These feelings will wear off slowly. **Therefore you should not:** stay alone, drive a car, operate machinery, power tools, drink alcohol including beer, make important decisions or sign legal documents.
2. Eat a light diet following surgery. Avoid spicy or gaseous foods. If you experience any nausea, fluids that are clear and high in sugar are recommended. (Gatorade, soda, Kool-Aid, nonacid juices).
3. Be sure to get plenty of rest to allow your body to recuperate faster. However, you need to get up and walk around your house at least every 2 hours during the day to prevent blood clots.

MEDICATIONS:

- _____ **DOXYCYCLINE** 100 mg: Continue one tablet twice a day until gone. (Antibiotic)
- _____ **VICODIN** (Hydrocodone & Acetaminophen) 5mg: Take one tablet every 6 hour as needed for pain. If needed take two tablets every 4 hours, only for the first 24 hours after surgery.
- _____ **PERCOCET** (Oxycodone & Acetaminophen) 5mg. Take one tablet every 6 hours as needed for pain. If needed take two tablets every 4 hours, only for the first 24 hours after surgery.
- _____ **ROBAXIN** (Methocarbamol): Take one tablet every 8 hours as needed for muscle spasms or rest.
- _____ **ZOFRAN** (Ondansetron) Take one every 6 to 8 hours as needed for nausea/vomiting.
- _____ **COLACE** (Docusate Sodium) 250 mg: take one capsule daily as needed for constipation.
- _____ Other _____

Continue antibiotic today and one every 12 hours until gone.

Resume all your regular medications today – Avoid Aspirin and Ibuprofen products for 7 days.

POST-OP INSTRUCTIONS FOR BRACHIOPLASTY SURGERY

1. You may shower tomorrow. Remove garments and the white & yellow gauze and wash over incisions gently with soap and water. Rinse- pat dry and apply Vaseline or Aquaphor ointment and clean dressing over incision. If you have steri- strips over the incision- leave them on and wash over steri strips gently with soap and water. Rinse- pat dry (Do not apply any ointments) and apply clean dressing over incisions. Change dressings daily and as needed. Expect drainage around JP drain site-this is normal.
2. Wrap each arm with 2- 6 inch ace wraps starting from the knuckles to the armpits. You may be given a garment to wear instead of ace wraps. Wear the garment 24/7 except when showering until the doctor tells you differently.
3. Milk JP tubing every 2 hours during day time only.
4. Empty JP drains every 8 hours or as needed and record drainage on record sheet.
5. Sleep or lay with upper body elevated and arms elevated on pillows. This will decrease swelling. Rest on old sheets or towels as drainage may occur beyond the dressings.
6. Do not soak in bath tub, hot tub, or swimming pools for 4 weeks.
7. Do not lift anything greater than 10 pounds, or pushing or pulling anything for 2 weeks.
8. Absolutely no ice or heating pads to surgical area.

If you have any problems after our office closes at 5 pm or on the weekend please call **937-886-2980** to be connected to the emergency on call service.