



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, 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, Non-Acid 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:

_____ **VICODIN** (Hydrocodone & 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.

_____ **PERCOCET** (Oxycodone & Acetaminophen) 5mg. Take one tablet every 6 as needed for pain.

If needed take two tablets every 4 hours, only for the first 24 hours after surgery.

_____ **ROBAXIN** (Methocarbomal) 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.

Continue antibiotic _____ today and one every 12 hours until gone.

Other: _____

Resume all your regular medications today – **Avoid Aspirin for 7 days and ibuprofen for 48 hours.**

POST OP INSTRUCTIONS FOR LIPOSUCTION:

1. Wear compression garment 24 hours a day for first month- unless washing garment, bathing or told otherwise
2. Expect a large volume of blood-tinged drainage from the small incisions during the first 24-48 hours following surgery. Some patients may have more drainage than others. Super absorbent pads may be changed as needed under the compression garment. However, leaks beyond the pads may occur- therefore you made need to protect your mattress or furniture from any unexpected leaks. Do not be concerned if you have drainage for several days.
3. You may shower after 24 hours. Wash over incisions gently with soap and water; afterwards gently pat incisions dry with a clean towel and then put on garment.
4. Do NOT soak in a bath, Jacuzzi, swimming pool, or pond/lake for at least 7 days after surgery in order to minimize the risk of infection.
5. Do NOT apply ice-packs or a heating pad to skin overlying the areas treated by liposuction.
6. Expect Bruising- the more extensive the liposuction surgery, the more bruising one can expect. Some patients have more of a tendency to bruise than others.
7. You may carefully increase your daily activity as tolerated. You may return to work in 1 week and resume aerobic exercise in 6 weeks.
8. If abdominal liposuction: Wear loose fitting or compression underwear to avoid creases in the abdominal or swelling in the pubic area.
9. You may drive after 1 week if you are NO longer taking pain medication or muscle relaxers.
10. If you have any problems after our office closes at 5pm or on the weekend please call **937-886-2980** to be connected to the emergency on call service.