



## PSI Surgery Center, LLC.

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### 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:

\_\_\_\_\_ **NORCO** (Hydrocodone & Acetaminophen): 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 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.

\_\_\_\_\_ **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, Ibuprofen products for 48 hours.

### POST-OP INSTRUCTIONS FOR BREAST SURGERY (Dr. Fox Patients):

You may shower tomorrow. Remove Ace wrap and white and yellow gauze-wash over incisions gently with soap and water. Rinse and pat dry and apply Vaseline or Aquaphor ointment and clean dressing over incisions. Rewrap with ace wrap starting from belly button wrapping upward to top of breasts (not too tight). Continue wearing Ace wrap 24 hours a day except when bathing.

Sleep or lay with upper body elevated (in a recliner or lazy boy chair) to prevent breast swelling.

**Do Not** use a bath tub, hot tubs or swimming pools for 4 weeks.

Avoid raising arms above shoulder level for 2 weeks - No heavy lifting, pulling or pushing for 2 weeks.

Absolutely **NO ICE PACKS OR HEATING PADS** to breast area – you may burn/freeze your skin.

No Smoking or second hand smoke – or horrific skin/breast loss.

You may drive after 1 week if you are NO longer taking pain medication.

If one breast suddenly swells and becomes very firm and painful- please call office immediately.

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.

### BREAST IMPLANT WARRANTY:

This is a warranty between YOU and the company who makes the implants. We recommend you read the pamphlet and understand the increased financial assistance you'll receive for the next ten years by getting the warranty. You have 45 days from the day of surgery to send in the application – after 45 days – you will no longer be able to get the additional warranty.