



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, 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:

- _____ **DOXYCYCLINE** 100 mg: Continue on one tablet twice a day until gone. (Antibiotic)
- _____ **VICODIN** (Hydrocodone & Acetaminophen) 5 mg: 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) 5 mg: 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.

Absolutely NO Aspirin or Ibuprofen products for one week. Resume all regular medications today. Take pain medication and Robaxin 2-4 hours apart.

POST-OP INSTRUCTIONS FOR BLEPHAROPLASTY:

1. Keep your head elevated (above your heart level), as much as possible for 1-2 weeks after your operation to minimize swelling.
2. No strenuous exercise for 2-3 weeks, avoid bending and lifting to reduce pressure in your eyes.
3. Keep incisions clean with soap and water and inspect daily for signs of infection. If incision develops scab or crust – soak with warm, wet washcloth and gently dab away crust.
4. Use cold saline compress for the first 24 hours for comfort and to reduce swelling and bruising.
5. Use Natural Tears (OTC eye drops) or Lacrilube (OTC Ophthalmic ointment) every 3-4 hours and at bedtime.
6. Generally, your hair can be shampooed any time after surgery.
7. Wait at least 2 weeks before wearing contact lenses.
8. You will have sensitivity to sunlight, wind, and other irritants for several weeks so wear sunglasses.
9. After the sutures are removed we apply steri strips over the incisions. Leave them on for one week. They do not need to be replaced if they fall off sooner. It is okay if these steri strips get wet.
10. You may drive after 1 week if you are NO longer taking pain medication. Housework 2-3 weeks.
11. Avoid exposing scars to sun for at least 3-4 months. Use sunglasses and a hat.
12. Expect temporary swelling of the eyelids, tightness of lids, bruising, dryness, burning, and itching of eyes. You may have difficulty closing your eyes when you sleep.
13. 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.