

PSI Surgery Center, LLC.

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(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, and 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.
4. The following medications may have been ordered. Take medication with food. Take as directed.

MEDICATIONS:

- _____ **DOXYCYCLINE** 100 mg: Take one tablet twice a day until gone. (Antibiotic)
- _____ **VICODIN** (Hydrocodone & Acetaminophen) 5mg: Take one tablet every 6 hours as needed for pain.
- _____ **PERCOCET** (Oxycodone and Acetaminophen) 5 mg: Take one tablet every 6 hours as needed for pain.
- _____ **ROBAXIN** (Methocarbamol): Take one tablet 3 times a day as needed for muscle spasms or rest.
- _____ **ZOFRAN** (Ondansetron) Take one every 6 to 8 hours as needed for nausea/vomiting.

Additional Medications: _____

POST-OP INSTRUCTIONS FOR NOSE SURGERY

1. Rest and sleep with your head elevated for two weeks to reduce pain and swelling. Your eyes may be swollen shut in the a.m. and for 1-3 days following surgery. Expect bruising around your eyes. Most swelling and bruising should disappear within 2 weeks, although some subtle swelling will remain for several months.
2. Avoid bending over, straining or lifting heavy things (greater than 5 lbs) for one week following surgery.
3. Avoid hitting or bumping your nose. You should wear clothing that zips or buttons in the front rather than the type that must be pulled over your head.
4. If you have a nasal splint- avoid getting it wet when bathing. Tilt your head back in a sink and have someone wash your hair. If splint comes off- please call the office.
5. It's normal to have some bloody drainage from nostrils for first few days after surgery- especially when moving around. Use a mustache dressing if drainage is excessive.
6. Avoid blowing nose until Doctor says it's okay. Do not pull packing out.
7. Swollen nasal tissues may cause nose to seem "stuffed up" for several weeks.
8. If you have any stitches, wash them gently twice daily with a Q-tip and warm soapy water. May apply bacitracin ointment or Vaseline over stitches to prevent scabbing.
9. You may resume physical activity in two weeks. Driving & returning to work in 1 week if no longer taking pain meds.
10. Decreased activity and pain meds may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake. Dulcolax tabs, Metamucil, or Miralax may also be helpful.
11. If you have 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.