



## PSI Surgery Center, LLC.

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### GENERAL DISCHARGE INSTRUCTIONS

1. The medication or sedative 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: Take one tablet twice a day until gone. (Antibiotic)
- \_\_\_\_\_ **VICODIN** (Hydrocodone & Acetaminophen) 5 mg: 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) 5 mg: 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.
- \_\_\_\_\_ **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.

Additional Medicines: \_\_\_\_\_

Continue antibiotic today and one every 12 hours until gone.

Resume all your regular medications today – Avoid Aspirin products for 7 days, and Ibuprofen products for 48 hours.

### POST-OP INSTRUCTIONS FOR BREAST REDUCTION SURGERY:

1. You may shower tomorrow. Remove surgical bra & white and yellow gauze and wash over incisions gently with soap and water. Rinse – pat dry and apply **Vaseline or Aquaphor** ointment and clean dressing over incisions. Change dressings as needed. Expect drainage around JP drain site – this is normal.
2. Wear surgical bra 24/7 except when bathing (make sure it is loose and not too tight).
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.
6. **Do Not** use bath tubs, hot tubs, or swimming pools for 4 weeks.
7. No heavy lifting, pulling or pushing for 2 weeks.
8. Absolutely **NO ICE PACKS OR HEATING PADS** to breast area. No smoking or second hand smoke.
9. You may drive after 1 week if you are **NO** longer taking pain medication.
10. If you have any problems after our office closes at 5pm or on the weekend please call to be connected to the emergency on call service.