

**ASI SURGERY CENTER, INC.**

**LOCAL PROCEDURE DISCHARGE INSTRUCTIONS**

**Procedure:** \_\_\_\_\_

**Surgeon's Phone Number:** \_\_\_\_\_ **After hours emergency : 818-907-7546**

**You may NOT drink any alcoholic beverages for 24 hours after your procedure.**

Avoid physical exertion (anything that increases heart rate above resting) for \_\_\_\_\_ days.

**CALL YOUR DOCTOR IF YOU EXPERIENCE THESE SIGNS OR SYMPTOMS:**

- a. an increase in pain *after* the first 48 hours.
- b. excessive bleeding. A small amount of bleeding may appear after any procedure.
- c. persistent, severe pain or pain that is not eliminated by Tylenol or your prescription.
- d. chills or fever, redness, swelling, or drainage from your surgical area.

<b>Post Operative Wound Care</b>	<ul style="list-style-type: none"> <li>➤ <b>Leave the surgical dressing in place for 24 hours – then remove</b></li> <li>➤ <b>If Steri-strips (small tapes) are covering the stitches, leave them in place until they fall off – usually 4-7 days – follow the instructions for wound care (below) once the Steri-Strips fall off.</b></li> </ul>
	<p><b>DAILY WOUND CARE - AFTER REMOVING DRESSING</b></p> <ul style="list-style-type: none"> <li>➤ <b>Clean wound daily with mild soapy water (shower is ok) – pat dry</b></li> <li>➤ <b>Apply PETROLIUM JELLY or antibacterial ointment (Bacitracin or Polysporin) 2-3 times a day using Q-Tips</b></li> <li>➤ <b>DO NOT apply Neosporin, alcohol or hydrogen peroxide</b></li> <li>➤ <b>DO NOT let wound dry out or form a hard scab</b></li> <li>➤ <b>You may cover the wound with Telfa (non-stick dressing) or Band-Aid, but this is optional</b></li> <li>➤ <b>Repeat these steps at least <u>twice a day</u></b></li> <li>➤ <b><u>Call the office if any unusual swelling, redness, bleeding or drainage occurs, or if redness and pain worsens from day to day after surgery – this could be a sign of infection.</u></b></li> </ul>
<b>Bathing</b>	<b>Showering is permitted after 24 hours.</b> Avoid submerging the wound in water for 5 -7 days
<b>Bleeding</b>	If bleeding occurs, apply <b>20 minutes</b> of <b>CONSTANT PRESSURE</b> . If bleeding continues, apply <b>20 more minutes of constant pressure</b> . If bleeding continues, call out office or visit the emergency room.
<b>Pain</b>	<ul style="list-style-type: none"> <li>➤ Use Tylenol or Extra Strength Tylenol for pain, as directed by your doctor</li> <li>➤ <b>DO NOT</b> take aspirin, aspirin products, or ibuprofen for _____ days.</li> <li>➤ <b>DO NOT</b> resume Coumadin for _____ days.</li> </ul>
<b>Medications</b>	<ul style="list-style-type: none"> <li>➤ Resume normal prescription schedule</li> <li>➤ Take all pain medication with food</li> <li>➤ Finish all antibiotic prescriptions until empty or otherwise instructed</li> </ul> <p>Prescriptions given: <input type="checkbox"/> Yes (copy in chart <input type="checkbox"/> ) <input type="checkbox"/> None</p>

You have an appointment to see your doctor on: \_\_\_\_\_ at: \_\_\_\_\_ am/pm.

Call your doctor's office for a follow-up appointment.  Call your doctor's office in 7 days for biopsy results.

Special instructions: \_\_\_\_\_

**I have received and understood my discharge instructions AND I have received all of my belongings:**

\_\_\_\_\_  
Responsible adult signature

\_\_\_\_\_  
Witness signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Time