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# POST OPERATIVE OUTPATIENT INSTRUCTIONS

PATIENT IDENTIFICATION

1. DIET:

Begin with liquids and light food (jello, soups, etc.). Progress to normal diet if you are not nauseated.  
NO ALCOHOLIC BEVERAGES FOR 24 HOURS

2. \_\_\_\_\_ Prescription sent home with patient. Use as directed.

3. ACTIVITIES:

Do not drive or operate hazardous machinery for 24 hours.  
 Limit your activities for 24 hours. Do not engage in sports, heavy work or heavy lifting until your physician gives your permission.  
\_\_\_\_\_ May resume normal activities.

4. WOUND CARE: Your wound should be cared for in the following manner.

\_\_\_\_\_ Change dressings as necessary  
\_\_\_\_\_ Do not change dressings until you are seen by your doctor  
\_\_\_\_\_ Keep dressings dry.

5. SPECIAL INSTRUCTIONS FOR DR. WILLIAM MORRIS:

If you have any medical or surgical problems, call your physician. If your doctor is unavailable, call the Xxxxx Ambulatory Surgery Center [202-555-1212] or the Xxxxx Hospital Emergency Room [202-555-1212] for advice or assistance.

**1. Eye Pad and Shield to Left / Right eye.**

**2. No head or eye trauma. No heavy lifting or excessive bending.**

**3. Begin eye drops (Tobradex, Econopred, Pilocarpine). Apply one drop in Left Eye & one drop in the Right eye, 4x per day.**

6. FOLLOW UP VISIT:

You should see Dr. William Morris on \_\_\_\_\_ . Call the doctor's office for an appointment.

**These instructions have been explained to patient and/or responsible party. A copy has been given to the patient.**

NURSE'S Signature / Title:

PATIENT'S Signature:

**PART OF THE MEDICAL RECORD**