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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.  
\_\_\_\_\_ Prescription information sheet sent home with patient.

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:

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

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6. FOLLOW UP VISIT:

You should see Dr. \_\_\_\_\_ 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: