



## Ambulatory Surgery Center Discharge Instructions

### Diet

On the day of surgery, start with a light liquid diet (broth, Jell-O, etc.) and gradually advance to regular diet the following day.

### Medications

Resume your usual medications unless instructed otherwise. Use pain medications as prescribed. Since they may cause constipation use natural methods of prevention including hydration, prunes, and over-the-counter fiber supplements like Metamucil. Fiber supplements are also available for purchase at our office. Switch to non-prescription pain medications like Tylenol as soon as tolerated.

### Activity

Stay active and avoid prolonged periods of rest during the day. This decreases your risk of blood clots. Avoid strenuous exercise or lifting weight heavier than 20 lbs. Discuss long-term limitations with Dr. Zaré during your follow up visit. Avoid driving while using prescription pain medications.

### Surgical Incisions

It is ok to shower. Do not bathe in tub. Keep your incisions clean and dry after shower. The glue on the skin will gradually loosen over 1-2 weeks.

### Return to Work

Patients have different levels of tolerance for activity after surgery. The decision to return to work depends upon your level of tolerance, and the nature of your work. If your job does not require strenuous activity, you may return to work after a few days. Start with light work & advance gradually. Discuss this during the follow-up visit. If you plan to file for disability, please bring necessary forms to our office. There is a \$25 form fee and the turnaround time is 1-2 weeks.

### Call our office for

Fever; Chills; Shortness of breath; Nausea or Vomiting; Severe pain not relieved by pain medications; Increasing redness, swelling, or drainage at operative site; or any sudden change in your health. If you are discharged immediately after surgery and are unable to empty your bladder within 6-8 hours of surgery, call our office. In case of an emergency, call 911 for immediate help.

### Follow up Visit

Upon arrival home, call Dr. Zaré's office to make an appointment for a follow-up visit for approximately two weeks after surgery. This is a free no-co-pay visit. Our contact information is listed below.