

HSE Orthopaedic Surgery Clinic

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General Orthopaedics

AMBULATORY SURGERY

HOME CARE INSTRUCTIONS

ACTIVITY

- For your safety, you will be required to have someone drive you home. You will also need a responsible person to stay with you for 24 hours after surgery.
- When you get home, rest comfortably in bed, on a couch or in a recliner. When you need to get up, move slowly and have someone walk with you at your side. Do not try to stand for a long time.

PAIN

- If you are experiencing pain, take only the medication that your physician has prescribed for pain. If you continue to have pain, contact your physician.
- Take pain medication according to the instructions at the first sign of discomfort, instead of waiting for the pain to become severe, or the medication will not work as well.
- Do not drink alcoholic beverages while using narcotic pain medications.

INCISION CARE

- Keep the dressing clean and dry. Remove dressing as instructed by your doctor.
- Do not apply any ointment, oil, vitamin E, or anything to the incision without first checking with your doctor.
- Always wash your hands before touching or caring for your incision.

CONSULTS WITH YOUR DOCTOR REGARDING:

- resuming your normal daily activities
- driving
- resuming sexual activities
- returning to work

NOTIFY YOUR DOCTOR IF:

- you develop fever of 101°F or above
- you experience nausea and vomiting four or more times
- you have increased redness/tenderness around your incision
- you have bleeding from your incision
- within 6-8 hours, your bladder feels full and you are unable to urinate
- you have any unusual symptoms
- your dressing becomes wet, dirty, or saturated with blood
- you have any questions

DRIVING

- Do not plan to drive, use any type of machinery, sign important papers, or make important decisions for 24 hours after your surgery.
- Do not drive while taking narcotic pain medications.

WORK

- Return to work will depend on your physical recovery and the type of work that you do.

DIET

- If you have received general anesthesia, begin eating slowly. Start with ice chips and clear liquids, such as apple juice, broth, Jell-O, and soft drinks. Then, as you feel able or as your physician advises, you may progress to a regular diet.
- Do not drink alcohol for 24 hours following anesthesia.

FOLLOW-UP

- Within 24 hours after your surgery, call your physician's office to schedule a follow-up appointment.

SPECIAL INSTRUCTIONS:

Physician's Name

Physician's Phone Number

I have read and understood these instructions and am willing to comply with them. I have also received a copy of these instructions.

Signature of Patient or Responsible Person

Date/Time

Nurse Giving Instructions