

PSI Surgery Center, LLC.
9985 Dayton Lebanon Pike
Centerville, Ohio 45458
(937) 886-2980

GENERAL DISCHARGE INSTRUCTIONS

1. The medication or sedation given to you will be acting in your body for the next 24 hours because of this you may experience sleepiness, dizziness, and/or some light headedness. These feelings will wear off slowly. **Therefore you should not:** stay alone, drive a car, operate machinery, power tools, drink alcohol including beer, make important decisions or sign legal documents.
2. Eat a light diet following surgery. Avoid spicy or gaseous foods. If you experience any nausea, fluids that are clear and high in sugar are recommended. (Gatorade, soda, Kool-Aid, nonacid juices).
3. Be sure to get plenty of rest to allow your body to recuperate faster. However, you need to get up and walk around your house at least every 2 hours during the day to prevent blood clots.

MEDICATIONS:

- _____ **DOXYCYCLINE** 100 mg: Continue one tablet twice a day until gone. (Antibiotic)
- _____ **VICODIN** (Hydrocodone & Acetaminophen) 5mg: Take one tablet every 6 hour as needed for pain.
If needed take two tablets every 4 hours, only for the first 24 hours after surgery.
- _____ **PERCOCET** (Oxycodone & Acetaminophen) 5mg. Take one tablet every 6 hours as needed for pain.
If needed take two tablets every 4 hours, only for the first 24 hours after surgery.
- _____ **ROBAXIN** (Methocarbamol): Take one tablet every 8 hours as needed for muscle spasms or rest.
- _____ **ZOFRAN** (Ondansetron) Take one every 6 to 8 hours as needed for nausea/vomiting.
- _____ **LOVENOX** (Enoxaparin sodium) 40mg injection Daily starting the night of Surgery
- _____ Other _____

Continue antibiotic today and one every 12 hours until gone.

Resume all your regular medications today – Avoid Aspirin for 7 days. Avoid Ibuprofen for 7 days if taking lovenox.

POST-OP INSTRUCTIONS FOR ABDOMEN SURGERY

Empty, measure and record JP drainage every 8 hours or as needed. Milk tubing every 2 hours during the daytime. May shower tomorrow-remove gauze dressings only and wash over incisions/steri strips gently with soap and water. Rinse and pat dry and apply Vaseline or Aquaphor ointment over incisions and apply clean dressing. While in shower, support JP drains with old belt so they don't dangle. NO soaking in bathtub, hot tub, or swimming pool for two weeks following surgery. Wear abdominal binder 24/7 except when bathing or laundering. Wear abdominal binder loosely for the first week. No ice or heating pad to abdomen. Sleep in recliner if possible. Splint your abdomen incision with a pillow if you have to cough. To **HELP PREVENT INCIDENCES OF DEEP VEIN THROMBOSIS** (blood clots), we encourage you to walk around in your home every two hours while awake. Pump feet and move legs while resting to maintain blood flow.
You may drive after 1 week if you are NO longer taking pain medication.

If you have any problems after our office closes at 5 pm or on the weekend please call **937-886-2980** to be connected to the emergency on call service.

Your follow-up appointment is scheduled on: M T W T H F _____ at _____ am pm

Copy received by: _____ Date: _____ Time: _____

Witness: _____ Date: _____ Time: _____

