

PSI Surgery Center, LLC.

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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 or 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.
4. The following medications may have been ordered. **Take medication with food.** Take as directed.

MEDICATIONS:

- _____ **DOXYCYCLINE** (Antibiotic) 100 mg: Take one tablet twice a day until gone.
- _____ **VICODIN** (Hydrocodone & Acetaminophen) 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.
- _____ **PERCOCET** (Oxycodone and Acetaminophen) Take one every 6 hours as needed for pain.
If needed take two tablets every 4 hours, only for the first 24 hours after surgery.
- _____ **VALTRX** (Antiviral) Continue taking one tablet twice daily until gone to prevent fever blisters.
- _____ **ZOFRAN** (Ondansetron) one every 6 hours as needed for nausea/vomiting.

POST-OP INSTRUCTIONS FOR LASER RESURFACING

1. You must rinse / soak your face 6-10 times a day – slowly getting the Aquaphor and some of the scabs off. You may either shower or rinse / soak your face at the sink; this could take up to 20 minutes. **DO NOT RUB THE FACE!** Use a washcloth to soak your face, make sure it is clean and very soft. Do not let the shower water hit you directly on the face – you will have to get the washcloth wet and soak your face. Pat face dry with a clean, dry washcloth or towel before applying the Aquaphor with very clean hands.
2. Do not use soap on your face until the doctor has OK'd this, which is usually a week or more after the surgery – at that time start with baby shampoo only. If the soap burns, discontinue use. You may want to try the soap on a small area first; if it burns, rinse off with a washcloth and this should stop the burning.
3. Apply enough Aquaphor to cover the face; if it is too thick, it will drip. You should have enough Aquaphor but if you need additional you can purchase another jar. If you get Aquaphor in your hair, it is very difficult to get out. Dishwashing liquid (e.g. Joy, Dawn, etc.) usually works, but you cannot get the dishwashing liquid on your face!
4. Do not use any makeup or regular cleanser on your face until the doctor has OK'd this; which can be anywhere between 10 days to 6 weeks.
5. Take all antibiotics and antivirals until gone. Extra strength Tylenol is okay to use for mild discomfort. Day 1-4 Motrin & Tylenol work great.

6. **DO NOT** scratch treated areas with fingernails as this may cause infection. You may take over the counter Benadryl, by mouth, for itching if needed.
7. Sleep with your head up, 4 pillows or 40 degrees – this will help with the swelling. Some patients prefer to sleep in a recliner. Use old linens on your bed and/or towels on your pillowcases to protect them from the Aquaphor. You will also want to wear old clothes as the Aquaphor is sometimes difficult to get out of clothes/linens, etc.
8. No sun at all until the doctor gives the OK and then you must use a good sunscreen all the time – SPF 30-50 and reapply according to directions. The doctor may have you wear a hat and sunglasses.
9. Possible side effects include: erythema, edema, serous drainage, crusting and scaling, pain and discomfort, focal areas of bleeding, small pimples, bleeding, oozing, itchiness, dryness, peeling, acne breakouts, prolonged bleeding, swelling and pain, bruising and/or burning, hyperpigmentation, hypopigmentation.

If you have any problems after our office closes at 5 p.m. 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: _____