**PHONE # 503-365-3965**

**GENERAL DISCHARGE INSTRUCTIONS**

**ACTIVITY**:    The anesthetic(s)/sedation administered to you for your procedure and the subsequent side effects may take up to 24 hours to be eliminated from your system. During this time, we ask that you limit your activity to reduce the risk of injury. A list of possible side effects include: Drowsiness, forgetfulness, nausea/vomiting, lightheadedness, dizziness, bad taste in mouth, and feeling not quite “normal.” If you are taking prescription medication for pain, nausea or muscle relaxation the following list of restrictions apply to you as well.

* No driving vehicles or operating heavy machinery.
* No activity that requires skill, concentration, or coordination.
* No drinking of alcoholic beverages.
* Do not make any important decisions or sign any legal documents.

You should get plenty of rest for the first few days. You should avoid over exertion and fatigue

**PAIN MANAGEMENT:** Take all medication as prescribed. Record the time you take medications for 1-2 days to prevent medication errors. Do not double up on missed doses of medications. Store all medications in a cool dry place. Keep medications out of the reach of children. Check expiration dates and discard any unused or expired medications.

            As listed above, pain medications have possible adverse effects including, constipation, inability to urinate, nausea/ vomiting, and blurry vision. These effects are usually considered non-allergic. Most of these effects can be avoided by drinking plenty of fluids and eating prior to taking your medication.

**In the case of an allergic reaction** to medications, such as rash, hives, unusual itching, shortness of breath, swelling of lips, tongue or throat, or chest pain, discontinue use and notify your physician or seek emergency care if needed.

**DIET:** Your diet may depend on the type of surgery you have had. It is best to start with bland soft foods for the first 24 hours after surgery. Then, if you are not experiencing any nausea, return to your normal diet.

**SELF MONITORING:** For your own safety you should have a responsible person stay with you for at least 24 hours following your surgery. This should be a person who is physically able to care for you, as well as drive a car.

            You should take your temperature every day at the same time for one week. A slight rise in body temperature frequently occurs following surgery. Be sure to take deep breaths and drink extra fluids especially for the first couple of days.

**REPORT TO YOUR DOCTOR:**

* Signs and symptoms of infection, such as: Fever of 101 degrees or over and /or chills, sudden severe or increasing   pain (not controlled by medication), redness, increased swelling/heat at the incision site, and/or drainage with odor or pus**.**
* **Excessive bleeding** characterized by a saturated dressing or persistent bleeding.
* **Allergic reactions** to medication.

SALEM HOSPITAL EMERGENCY ROOM (503) 814-1572

**ADDITIONAL INSTRUCTIONS:**

1. No narcotic refills will be given on the weekends, please plan ahead.
2. **IF ANY PROBLEMS DEVELOP AFTER LEAVING THE SURGERY CENTER, CALL YOUR PHYSICIAN FOR INSTRUCTIONS.  IF EMERGENCY CARE IS NEEDED, GO TO THE NEAREST HOSPITAL.**
3. For clarification or more specific instructions, please contact your doctor’s office.