

Discharge Instructions for General Anesthesia or IV Sedation

Dr. Samuel Lam

(972) 312-8188 Monday-Friday, 9am-5pm

(214) 346-1388 Answering Service

The medications used during your surgery may still affect you for 24 hours following surgery. Effects may be sleepiness, dizziness, disorientation, nausea, vomiting or skin discoloration of the face, neck or chest. We recommend an adult companion remain with you for the next 24 hours. You should take slow deep breaths and cough frequently after your surgery. Get up slowly to prevent dizziness. Drink plenty of clear fluids. You may begin eating light, easily digested foods such as crackers, toast or soup when your appetite returns. Return to a normal diet as tolerated. Always take your pain medication with a snack or meal to prevent nausea. Do not drink alcoholic beverages or take aspirin products for 7 days following surgery. You may shower 24 hours after your surgery. Wash and dry incisions gently. Always wash your hands before touching your surgical site(s). To prevent infection, do not soak wound in water (tub, pool or jacuzzi) until sutures are removed and wound is **completely** healed. **No swimming** for the next 3 months to avoid infection of the wound. Please refer to the **Medication Reconciliation Sheet** for specific medication instructions.

REPORT ANY OF THE FOLLOWING TO DR. LAM:

- Post-Operative nausea or vomiting that is not controlled by anti-nausea medication.
- Pain that is not relieved after taking the maximum dosage of your pain medication.
- Bleeding from surgical site that will not stop with gentle pressure for 5 minutes.
- A fever above 100.4 degrees within 7 days following your surgery.
- Signs of infection at the surgery site; increased redness, swelling or pain, yellow/green drainage, or site feeling warm to the touch.
- A rash and/or itching anywhere on the body.

- Unable to pass urine within 8 hours of discharge.
- No bowel movement by end of day 3 following surgery.

Please visit www.lamfacialplastics.com to watch “Patient Journeys” and Dr. Lam’s “Video Companions” addressing the following topics; Post-Op Procedure Specific Information & Care, Exercise & Working Out, Psychology & Perception, and Meditation & Yoga. It is beneficial to watch these videos **SEVERAL** times before and after your procedure to retain the information. Dr. Lam and his staff are always available to answer any questions or concerns you may have regarding your surgery.

DO NOT DRIVE, OPERATE MACHINERY, MAKE IMPORTANT DECISIONS, OR SIGN IMPORTANT DOCUMENTS FOR 24 HOURS FOLLOWING SURGERY OR WHILE TAKING PAIN MEDICATION! CALL 911 FOR ANY SWELLING OF THE MOUTH, LIPS, OR TONGUE THAT IS MAKING BREATHING DIFFICULT!

I have read, understand, and acknowledge receipt of the above post-operative instructions. I have had the opportunity to ask any questions I may have regarding my procedure.

Patient signature: _____

Witness Signature: _____

Date and Time: _____