Home Care After Ambulatory Surgery

The following instructions will help you care for yourself, or be cared for upon your return home today. These are guidelines for your care right after your surgery only.

**Medications:**
- Prescriptions sent home:__________________________________________________
- Non-aspirin over-the-counter medicine for pain________________________________
- Start own medicines.

**Diet:**
- Drink plenty of liquids and eat light meals today. Start your regular diet tomorrow.
- Start your regular diet today.

**Activity:**
- May return to work/school on ______________________________________________
- Limit your activity for 24 hours.
- No vigorous activity or heavy lifting for _____________
- Other:

**Wound Care and Hygiene:**
- May remove outer dressing in ________________ hours.
- Steri-strips (small tapes) should not be removed. They will fall off in about 7 days.
- Keep wound clean and dry. May shower in _____________________ hours.

**Anesthesia Precautions & Expectations:**
- After anesthesia, rest for 24 hours. **Do not drive, drink alcoholic beverages or make any important decisions during this time.** General anesthesia may cause a sore throat, jaw discomfort or muscle aches. These symptoms can last for one or two days.
What to Expect After Surgery:

- Minimal drainage from the incision.
- Mild to moderate discomfort and tenderness.

Call Your Doctor for:

- Pain not relieved with medicines.
- Increased amounts of redness, swelling, or any drainage (pus) from the incision.
- Temperature above 101 degrees.
- Nausea and vomiting not resolved in 24 hours.

Other Instructions:

- Call your doctor’s office at _________________ to make a follow up appointment.
  
- If you have questions or problems, call your doctor’s office at _________________.
  
- If you are unable to reach your doctor, call:
  - Ambulatory Surgery Unit at (614) 293-8795
  - The hospital operator at (614) 293-8000. Ask for the resident on call.
  - (614) 293-8333 - OSU Emergency Department

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