

BARRY J. COHEN, M.D., P.C.

Post Op Discharge Instructions

Please review the following discharge instructions and be sure you understand them. If you have any questions, please contact our office at 301-656-6398.

1. After discharge from the surgical facility, eat lightly, and keep you level of physical activity to a minimum.
2. Take your prescriptions as directed. Take the antibiotic, as directed until the supply is exhausted. If you develop a diffuse skin rash, diarrhea or vaginal infection, please call, as these problems may be related to your prescription medications.
3. As before surgery, avoid taking Aspirin, Advil or any medications containing Aspirin for 2 weeks after surgery. You may take Tylenol.
4. Do not drink any beverages containing alcohol, or drive while taking prescription pain medication.
5. You can expect some pain or discomfort, and swelling, which will resolve with healing.
6. Do not drive or operate machinery or power tools for 24hrs. If a child, no bicycle riding, skateboards, gym sets, etc. for 24hrs.
7. Do not make any important decisions or sign important papers for 24hrs.
8. You may experience light-headedness, dizziness and sleepiness following surgery. Please do not stay alone. A responsible adult should be with you for 24hrs.
9. Rest at home with moderate activity as tolerated. It may not be necessary to go to bed; however it is important to rest for 24hrs. following general anesthesia.
10. Progress slowly to a regular diet. Start with liquids, then light foods (soup or Jello,etc.) as you can tolerate, gradually progressing to solid foods.
11. Keep the operative area clean and dry. Do not remove the dressing unless instructed to do so by your physician.
12. Report the following signs and symptoms to your physician immediately:
 - * Shortness of breath
 - * Excessive swelling or bruising of or around the wound area
 - * Temperature of 100° F or above
 - * Redness
 - * Increased pain
13. Observe the operative area for signs of excessive bleeding or pus from any of your incisions. (Slow oozing that saturates the dressing completely or bright red bleeding.)
14. In case of an emergency call your physician at 301-656-6398 or dial 911.

SPECIAL INSTRUCTIONS

It is your responsibility to schedule your post-operative visit by calling our office.
THE SURGERY CENTER WILL CONTACT YOU ON THE NEXT BUSINESS DAY TO CHECK ON YOUR STATUS AND ANSWER ANY QUESTIONS OR CONCERNS THAT YOU MIGHT HAVE.

Patient Signature: _____ Date: _____