

Office Number: _____

PRESIDIO SURGERY CENTER

GENERAL POST-OPERATIVE INSTRUCTIONS

- 1. Rest on the day of surgery. Resume diet gradually. Begin with clear liquids and progress as you feel ready. Avoid heavy, greasy foods. On the following day you may do those activities that you feel able to do and within 3 to 4 days resume all normal activities as instructed by your doctor.**
- 2. You may feel dizzy, lightheaded, or sleepy for 12 to 24 hours after your operation. This is perfectly normal. You should not drive, operate any mechanical or electrical devices, drink any alcohol, or make any important decisions for 24 hours. After a general anesthetic it is normal to feel a generalized aching and to have sore muscles for 24 to 48 hours. A sore throat may also occur.**
- 3. Mild pain relievers or medications as prescribed by your doctor can usually relieve discomfort or pain.**
- 4. The doctor wants to see you: _____.**
Call the doctor's office to make this appointment if it has not already been arranged.
- 5. Report to your doctor any temperature elevation over 100 degrees or persistent nausea and vomiting.**
- 6. Keep all dressings clean and dry.**
- 7. If surgery was done on arms or legs, keep operative extremity elevated for 24 to 48 hours.**
- 8. If you have any difficulty urinating or do not urinate by 8:00 PM please notify your physician.**
- 9. Please do not hesitate to call us (Monday-Friday 6:00 AM-5:00 PM, #(415) 346-1218) or your doctor if you have any questions.**

A copy of these instructions has been given to the patient and/or patient's representative.

Signature of Patient/Representative: _____