



Patient Discharge Instructions		Dr. Holly K. Michaelson, MD
General Surgery		Dr. Eric Stanelle, MD
What you should know	<p>You may experience common minor surgical & anesthesia related discomforts such as: ♦ muscle aches ♦ headaches ♦ low-grade fever ♦ nausea & vomiting. These should improve in 24-48 hrs.</p> <p><input type="checkbox"/> A biopsy/specimen was sent to the lab; you should call your doctor in 4 days for the results or your doctor will discuss the results with you at your follow-up visit.</p>	
Precautions	<p>You have received sedation/anesthesia today: You may NOT drive, drink alcohol or do anything that requires a clear head for the next 24 hours.</p>	
Pain	<p>It is important that you “stay ahead of the pain”. Take pain medication as prescribed by your doctor. After 24-48 hours, you may take Acetaminophen (Tylenol) or Ibuprofen (Advil) for minor discomfort, unless you are restricted from using these.</p>	
Other Medications	<p>The doctor has reviewed the list of medications that you told us you take and wants you to do the following:</p> <p>_____ No Changes</p> <p>_____ Changes: _____</p> <p>_____</p> <p>Always take your medications as directed and ask your primary care doctor if you have any questions or concerns about your medications.</p>	
Activity	<p>Rest today: An adult should stay with you the first night after your procedure. You may resume regular activities tomorrow.</p> <p>Driving: You may drive when you feel comfortable, usually within 24 hours following surgery.</p>	
Shower	<p>Keep your dressing clean and dry.</p> <p>Remove plastic dressing – but leave steri strips on – in 36-48 hours. You may then take a shower. But do not submerge incision in a tub/pool.</p>	
Care of site	<p>Swelling and discoloration/bruising are common and self-limited; a cold pack over the wound during the first 24 hours will help to minimize swelling and bruising. Unless there is drainage from the incision, no dressing is required after 48 hours, and it is ok to shower.</p> <p>WASH YOUR HANDS BEFORE AND AFTER REPLACING THE BAND-AID.</p>	
Diet	<p>You should drink plenty of liquids and stick to a light diet for the next 24 hours. After that, you may slowly resume your regular diet.</p>	
Additional Instructions	<p>_____</p> <p>_____</p> <p>_____</p>	
Call your Doctor	<p>Call Dr. Holly Michaelson, MD at 413-584-4637 to schedule a follow-up appointment in 10-14 days unless you already have an appointment scheduled.</p> <p>Call your doctor if you experience: ♦bleeding that gets worse ♦ pain or nausea/vomiting that is not relieved with medication ♦ infected wound (reddened area or pus) ♦fever greater than 101.5 for over 24 hours.</p>	