

# STONY POINT SURGERY CENTER

## ADULT DISCHARGE INSTRUCTIONS

### Diet:

- Start with fluids and gradually increase to solids as tolerated. Adequate fluid intake is necessary to avoid dehydration.
- You should not drink any alcoholic beverages for the next 24 hours or while taking narcotic pain medications.

### Activity:

- Don't drive the day of surgery or while taking narcotic pain medications.
- Change positions slowly to avoid dizziness or lightheadedness.
- Rest for the remainder of the day and increase activity as tolerated.
- Do not make any important decisions or sign important papers for 24 hours.

### Medication:

- Take all medications as directed.
- If you are taking an antibiotic, please be sure to finish the entire prescription.
- Most pain medications are better tolerated when taken with food.
- You may resume your home medications as instructed by your physician.

---

Schedule a follow-up appointment with your Physician for \_\_\_\_\_ days from today. Physician Phone # \_\_\_\_\_  
Appointment Scheduled: \_\_\_\_\_ at \_\_\_\_\_

---

### Notify your Physician if you:

- Develop severe pain that is not relieved by your pain medication
  - Bleed excessively.
  - Have persistent nausea and vomiting.
  - Develop a fever greater than 101.
  - Develop signs or symptoms of infection at your incision site (redness, increased tenderness, swelling, or a foul odor or drainage).
  - Inability to urinate.
- 

### Special Instructions:

---

---

---

---

---

**If you should experience any problems that you feel warrant the attention of a physician and you cannot reach your physician through his/her office or answering service, please call or go to the nearest Emergency Room.**

---

The above discharge instructions have been received and understood by me. I have arranged to have a responsible adult available to assist me at home if the need arises.

---

Signature Relationship to Patient Date Time

---

Signature of Nurse Reviewing Instructions Date Time