

BODY SCULPTING CENTER

2255 N. Scottsdale Road, Scottsdale, Arizona 85257

(480) 464-8000 or (480) 526-3750

GENERAL AND LOCAL ANESTHESIA DISCHARGE INSTRUCTIONS FOR THE NEXT 24 HOURS

Patient Name: _____

Today's Date : _____

Patient No.: _____

Surgery Date: _____

PROCEDURES:

Surgeon Name: _____

- After receiving anesthesia, you may be sleepy for the next 12-24 hours. You are advised to go directly home and rest or sleep. You may have a pain pill at the first sign of pain. Be sure to eat first.
- For the next 24 hours: do not drive, operate machinery or anything else that requires concentration or any precision work. Do not use alcohol or drugs other than those prescribed by your doctor.
- You may start with fluids and increase diet today as tolerated. Avoid plain water day of surgery. You may resume water day after surgery. Do not eat or drink while laying flat in bed to avoid choking.
- A mild sore throat is not uncommon for 24-36 hours following general anesthesia. Lozenges may be helpful.
- If you are unable to urinate after 8 hours, call our office at (480) 464-8000 or (480) 526-3750.
- Now that surgery has been accomplished, it is very *important* that you take some steps to ensure that breathing functions stay at their optimum. Often after surgery, patients are afraid to breathe normally because of perceived discomfort. If your lungs are not expanding fully, and the commonly produced secretions are not expectorated out, then complications such as pneumonia can occur. *Deep breathe and cough once per hour (waking hours) periodically after surgery. You may want to use a pillow to support any sore areas during this process.*
- Office Phone #: _____
- If you should have any complications, please notify your physician. If unable to reach him, contact the emergency room at HonorHealth Osborn (480) 882-4000.
- FOLLOW-UP APPOINTMENT: _____

MEDICATION PRESCRIBED:

Cephalexin (antibiotic) Start at: _____ Flexeril (muscle relaxer) 1 every 8 hours. Space 2 hours from pain pill.

Percocet (pain) 1 or 2 every 6 hours

- Breast augmentation patients: You may shower on _____. You may remove ace bandage, bra, and white fluffy bandage to shower. Replace bra only, and leave white tape in place.
- Liposuction patients: leave garment on until appointment in office unless otherwise instructed.
- Tummy tuck patients: keep drain bulbs less than 3/4 full and depressed. Resume Colace day of surgery.
- Blepharoplasty patients: chilled saline compress to eyes x 24 hours while awake. Apply eye ointment or drops 2 times a day.
- Walk every two (2) hours while awake.
- Special instructions: If you have not had a bowel movement in 48 hours, start milk of magnesia 2x per day until constipation is relieved.
- Special Instructions: _____

- Instructions have been explained to me and I have received a copy.
- Prescription medication side effects/adverse reaction will be included with prescription from pharmacy and will be reviewed prior to medication administration.

Signature

White Copy - Patient

Yellow Copy - Record