



2090 Springdale Road, Suite A
Cherry Hill, NJ 08003
Clinical Department: 856-751-7265

POST-OPERATIVE DISCHARGE INSTRUCTIONS

ANESTHESIA: You have received the following type of anesthesia: [ ] General Anesthesia [ ] Sedation
[ ] Regional/Block [ ] Local [ ] Other:
Subtle residual effects of general anesthesia or sedation with regional/local anesthesia can last more than 24 hours.
You should have a responsible adult stay with you for the next 24 hours. Rest for the remainder of the day or
longer if your surgeon has advised you to do so. Although you may feel normal within the first 24 hours, your
reflexes and mental ability may be impaired without your realizing it. You may feel dizzy, lightheaded or sleepy
for 24 hours or longer. Do not consume alcohol, drive, operate machinery or make important personal or
business decisions for 24 hours. After a general anesthetic, it is normal to feel body aches and sore muscles for
24 hours. A temporary sore throat may also be present.

DIET:
Drink plenty of fluids and progress to your normal diet as tolerated unless otherwise instructed by your doctor.

MEDICATIONS: Your surgeon may have given you prescriptions for post-operative medication or his/her office
may have provided medications to you directly. If not, and you experience mild pain, you may take Tylenol
unless your medical doctor(s) have previously told you to avoid it. If you experience more than mild pain and/or
Tylenol does not help, and you have not been given/prescribed pain medication by your surgeon, call your
surgeon promptly. If you have any reactions to any of your medications such as severe nausea, vomiting and/or
skin rash, stop taking the medication and call your doctor.

- You may resume your regular (pre-operative) medication schedule when you get home.
[ ] Your post-operative medication prescription(s) has/have been given to you
They are:
Take all of your medications only as directed.

ADDITIONAL DISCHARGE INSTRUCTIONS:

- [ ] Read and follow the specific post-operative instruction sheet(s) that have been given to you by your surgeon
[ ] Follow the post-operative instructions shown below

CALL DR. at # if you have:
•Fever over 101° •Unexpected reaction to medication •Continued nausea/vomiting
•Excessive pain or swelling •Excessive bleeding
•Signs of infection such as skin redness or unusual drainage from your incision(s)

Millennium Surgical Center is NOT an emergency facility. If an emergency arises and you are unable to reach your
physician - go to the nearest emergency room or call 911.

OPERATIVE SITE: Always keep your dressing(s) dry!
[ ] Do not remove your dressing [ ] May remove dressing on (if there are skin tape strips under the dressing,
leave them in place until they fall off) [ ] You may shower or bathe on

Additional Instructions:

FOLLOW-UP CARE:

Your physician wants to see you on . Call his/her office for an appointment, if not already arranged.
If you have any questions or concerns, do not hesitate to call us or your physician.
I have received and understand the above instructions and have received my medication list.

Physicians Signature Date

Patient Signature Date Nurse Signature Date