

Laurence A. Kirwan, FRCS, Plastic Surgeon

Discharge Instructions After Surgery

Date MM /DD /YR 20

Patient Last Name: _____

Patient First Name: _____

Specific wound care _____

Limitation of activity - Arms: _____

Limitation of activity - Sports:

Pilates: weeks / months

Yoga: weeks / months

Bikram Yoga: weeks / months

lower body (bicycle): weeks / months

Tread-mill: weeks / months

Running: weeks / months

Upper body arms: weeks / months

Upper body chest: weeks / months

Abdomen (stomach crunches): weeks / months

Dietary restrictions if any:

Soft diet: Jell-O (Jelly), Ice-cream, Chicken-soup, crackers / digestive biscuits,

Avoid Hot-drinks.

Gargle with Peridex after meals and before bed

Drink 8 glasses of water a day. Substitute water with apple juice, cranberry juice, pomegranate juice, plum juice, flat Ginger-Ale or Coca-Cola. Avoid acidic juices such as orange, pineapple and grapefruit juice.

Shower in 1/2/3/4 days

Shampoo in 1/2/3/4 days

Instructions on Drains. Empty and recompress at least 2 times daily. Chart amount obtained from each drain on form provided.

Follow-up appointment: _____

Medications: _____

Antibiotics:

Augmentin: 875 BID 7-10 days,

Co-Amoxyclov: 375mgm / 625mgm (OP 21: TID),

Keflex 250 /500 Q 6, / Zithromax: Z pak

Pain Medications: Tramadol 50mgm q 4-6,

Percocet 5mgm/375mgm 7.5mgm/500mgm

Anti-Nausea Medications: Compazine Suppository, Zofran 4mgm _____

Topical ointments: Chloramphenicol, Fucidin, Bacitracin, Bactroban, Aquaphor, Cetaphil, Vaseline.

Signature of RN / MD _____

Signature of Patient/ Care-giver/ Nurse / Guardian _____