

1. Do not sign any legal documents or make any important decisions for the next 24 hours.
2. You may not drive or operate any machinery for the next 24 hours.
3. You may not drink any alcoholic beverages for the next 24 hours.
4. You may eat anything you like. However, we suggest that you start off with something light such as soup, or _____.
5. You are advised to rest today and stay off your feet. Tomorrow you may return to your normal activities if you feel up to it.
6. Take medications only as directed by your physician. Please see any additional instructions below. Resume your previously prescribed medications at home.
7. Call your physician if you have any questions or concerns, or if your temperature goes up to 101 degrees or higher, or if signs of infection are observed, such as redness, swelling or drainage from your area of surgery.
8. We suggest that a responsible adult be with you for the rest of today and during the night for your protection and safety.
9. You may shower / bath / wash your hair tomorrow. Do not get any bandages wet.
10. Special instructions: _____

11. Prescription _____
12. Follow-up with Dr. _____ on (date) _____
 Phone number _____

NOTE: If you should experience bleeding that is excessive, persistent nausea or vomiting, pain that is unusual, swelling or fever, please call you physician. If unable to reach your physician, go to the nearest hospital emergency room.

I hereby acknowledge that I have received the above instructions and I understand.

 Patient's Signature

 Nurse's Signature

 Date / Time

 Physician's Signature

**PACIFIC ENDO-SURGICAL
 CENTER**
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 310-326-1666

**DISCHARGE INSTRUCTIONS—
 SURGERY**