



## DISCHARGE INSTRUCTIONS

- After you're discharged, please inform us where you will be staying for the first 24 hours after your procedure. Should we need to reach you, your phone number is: \_\_\_\_\_ ( home / cell ). You need to have a responsible adult drive you home and stay with you for the remainder of the day and overnight.
- **Wound Care:**
  - Allow your procedure site to heal naturally. The site should be healed within a week or two. Soreness, slight swelling, and possible bruising are normal. The bruising can extend out from your procedure site-- this is normal. There may be a pea to marble sized lump at your insertion site-- this is normal. Both the bruising and swelling should go away slowly as your body heals.
  - **24 hours** following your procedure, you may remove the dressing covering your procedure site and you may take a shower.
  - Do not scrub your procedure site. Wash your procedure site with soapy water and pat dry, this will reduce the chance of infection.
  - Do not submerge your procedure site under water for **7 days**. No hot tubs, swimming in lakes or pools, or soaking in the bath tub. If your procedure site is on your arm-- no dishwashing for **3 days**.
  - If the incision is not draining, leave open to air. No bandage or dressing is needed for your procedure site.
  - Do not use any creams, oils, or ointments such as Neosporin or vitamin E oil on your procedure site.
  - You may experience oozing (slight, slow bleeding) at the procedure site. If any bleeding at your procedure site occurs, lie flat and have another adult place a folded cloth over the site and apply firm pressure without release, for at least 10 minutes. Never use a tourniquet.
- **Notify your physician if:**
  - You have shaking, chills or a body temperature over 101 degrees.
  - You observe any signs of infection at your procedure site(s), i.e., swelling, increased pain, redness, drainage, delayed healing, increase in skin or body temperature.
  - You observe any circulatory problems, i.e., leg/foot tingling, numbness, coolness in your leg or arm, discoloration, swelling, or pain.
  - You have increased pain at the catheter site. It is normal to have some soreness, but this should get better, not worse.
- **Resuming Normal Activities:**
  - For the remainder of today, rest and limit activity.
  - If your arm was used as your procedure site, do not use that arm to push up from a sitting or lying position for **24 hours**.
  - Do not drive or operate any equipment that requires coordinated actions for **24 hours**.
  - Continue to drink plenty of fluids for **3 days** following your procedure.
  - Apply 2 finger pressure to your procedure site when using the restroom, laughing, coughing, sneezing, or vomiting for **3 days**. Avoid bearing down while using the restroom for **3 days** as well.
  - Avoid lifting, pushing, or pulling anything greater than 5 pounds for **3 days** after your procedure.
  - No sexual activity for **1 week** following your procedure.
  - No strenuous exercise/activity, jogging, or stairmaster for **1 week** following your procedure.
  - Avoid straining and heavy housework for **3 days**.
  - You may resume non-strenuous activities such as walking the **day after** your procedure.
  - You may return to work **3 days** after your procedure.
- **Follow up appointments:**
  - Dr. Melton's office will contact you with your follow up time and date.
  - Resume all medications unless otherwise noted.
- **Seek Care Immediately If:**
  - The leg or arm used for the procedure becomes numb (loses feeling), is very painful, cold, tingling, cramping, or changes color.
  - The bruise at the procedure site starts to get bigger, or the area has new swelling.
  - Call 911- Do not drive yourself to the hospital- apply pressure to the site until help arrives.

**I have had these discharge instructions read and explained to me and I understand these discharge instructions.**

X \_\_\_\_\_  
SIGNATURE OF PATIENT OR LEGALLY RESPONSIBLE PERSON

\_\_\_\_\_  
RELATIONSHIP OF LEGALLY RESPONSIBLE PERSON

Date: \_\_\_\_\_ Time: \_\_\_\_\_