

General Post-Operative Care Instructions

Patient Name: _____
Date of Surgery: _____
Procedure: _____

Medications

- Take prescribed medications as directed.
- Do not take medications on an empty stomach unless instructed.
- Contact the office if you have side effects.

Wound Care

- Keep the surgical site clean and dry.
- Follow specific instructions provided regarding dressing changes.
- Do not touch or scratch the wound.

Pain Management

- Use pain relief as prescribed.
- Apply ice packs if recommended, 15-20 minutes at a time.

Diet

- Resume your regular diet unless otherwise instructed.
- Drink plenty of fluids to stay hydrated.
- Avoid alcohol and smoking.

Activity

- Rest as needed. Gradually return to normal activities.
- Avoid strenuous exercise until cleared by your doctor.

Follow-Up

- Attend all scheduled follow-up appointments.

Contact the Office If:

- You have excessive pain, swelling, redness, or drainage.
 - You develop a fever over 38°C (100.4°F).
 - You experience shortness of breath, chest pain, or severe discomfort.
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Physician: _____
Contact Number: _____