



Patient Discharge Instructions

Patient: _____ MR# _____

Date: _____

Next Appointment: _____

Cosmetic Surgery Clinics

31542 Pacific Coast Hwy.

Laguna Beach, CA 92651

Telephone: (949) 499-3915

Prescribed Medications:

- _____ Bacitracin ophthalmic ointment into the eyes at bedtime and upper lid incision sparingly twice daily.
- _____ Artificial tears (over the counter) into the eyes as needed.
- _____ Genteal eye gel to be applied as directed into the eyes after laser surgery.
- _____ Cipro 500 mg, one tablet every twelve hours..
- _____ Z-pak 1 tablet per day.
- _____ Medrol Dose Pak, starting the morning after surgery.
- _____ Valtrex 500 mg, one tablet every 12 hours.
- _____ Tylenol extra strength, 1-2 tablets every 4 hours for mild to moderate discomfort.
- _____ Vicodin, 1 tablet every 4-5 hours for moderate to severe pain.
- _____ Percocet, 1 tablet every 4-6 hours for moderate to severe pain.
- _____ Restoril 30 mg, 1 tablet at bedtime for sleep.
- _____ Phenergan (rectal) suppository, 1 every 6 hours for nausea.
- _____ Polysporin ointment (over the counter) apply to incisions twice daily with a Q-tip.
- _____ Aquaphor ointment (over the counter) apply to lips and exposed laser treated areas.
- _____ Zantac 150 mg for stomach upset associated with the Medrol Dose Pak.
- _____ Other _____

Postoperative Instructions:

- No driving until your doctor permits.
- No heavy lifting, pushing, pulling or bending over. No strenuous exercise for 3 weeks.
- Slow paced walking is encouraged immediately after surgery (around the house).
- Rotate ankles frequently while lying in bed.
- Change drainage tubes when ½ full or at least every 4 hours while awake even if they are empty. The tubes should be changed when they are ½ full during the first night.
- Sleep with your head elevated.
- Diet as tolerated.

Reminders:

- Do not apply heat or cold directly to the surgery site.
- Take all of your medications on schedule.
- Report any unusual heavy bleeding, discomfort, pain, shortness of breath, temperature above 100° F, large amount of swelling, redness, or drainage from the surgery site immediately to your doctor.
- Nausea and vomiting may occur after surgery. If you are nauseated remain on clear liquids until it passes. If it should persist for any length of time at home, notify your physician.

The above instructions have been explained to me/guardian, and I fully understand. I will contact my physician if any questions arise regarding the above instructions.

Patient or Parent/Guardian Signature

Date