

POST PROCEDURE DISCHARGE INSTRUCTIONS

DIET/ACTIVITIES

- Do not drive or operate hazardous machinery for the next twenty-four (24) hours.
- Rest at home for the remainder of the day before resuming routine activities. It is highly recommended that a responsible adult stay with you for the next twenty-four (24) hours.
- Do not make any important decisions or sign any legal documents for twenty-four (24) hours.
- Do not drink any alcoholic beverages.
- Do not smoke if alone.
- Avoid heavy lifting (greater than 10-20 lbs.) or strenuous exercise.
- Begin with liquids and light food (tea, toast, etc.) Progress to your normal diet as tolerated.
- Tenderness, swelling, or pain may occur at the IV site where you received sedation. If you experience this, apply warm soaks to the area. Notify your physician if this persists.
- Mild throat soreness is common after this procedure. Warm salt water gargle or lozenges, cold drinks, or popsicles of your choice will most likely relieve your discomfort.
- Others:

NOTIFY YOUR PHYSICIAN IF YOU ARE FEELING THE FOLLOWING:

- Chest pain
- Persistent or increasing nausea, vomiting, or headache.
- Fever/chills within 24 hours after the procedure (temperature over 101 F)
- Severe and persistent abdominal pain or bloating
- Leg pain, swelling and shortness of breath.
- Increased, excessive or abnormal bleeding.
- Significant increase in severity of pain uncontrolled by prescribed medication.
- Increased pain, foul odor, swelling, drainage or pus observed at operative site.
- Numbness to extremities. Excruciating pain, redness, or swelling at injection site.

DRESSING/WOUND CARE:

- Keep dressing dry (TODAY)
- Do not shower or bathe (TODAY)
- Change dressing as needed
- May shower and apply clean dressing
- Do not change your dressing until you have been seen by your physician

MEDICATIONS:

- Continue all prescribed medications as ordered by your physician(s)
- Take medications as prescribed. See prescriptions attached:

- You may take NON-ASPIRIN over-the-counter pain medication. Follow directions on the label.
- Other: _____

FOLLOW-UP CARE:

- Call **Dr. Barritta/ Dr. Weiss** at **973-645-0000** for follow-up appointment in 2 weeks or sooner if needed. Please see additional instructions provided by your physician.