



## Silicon Valley Surgery Center

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## Bascom Surgery Center

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# DISCHARGE INSTRUCTIONS FOR PAIN MANGEMENT PATIENTS

If your physician's instructions vary from these instructions, please follow your physician's instructions.

You may experience lightheadedness, dizziness and sleepiness due to your anesthesia. Therefore, a responsible person **must** drive you home and stay with you overnight.

For the next 12 hours:

- Do not drive a car, operate machinery or power tools.
- Do not drink alcoholic beverages of any kind, including beer and wine.
- Do not sign any important papers or make important decisions.
- If possible, arrange care for dependent adults or children.

### ACTIVITY

- Rest at home today; increase activity gradually.
- When you change position, move slowly to minimize any dizziness, nausea or vomiting.
- Have a responsible person with you the first few times you get up.

### DIET

- Drink plenty of fluids.
- Food as tolerated. Begin with a light meal and progress to more substantial food later in the day.

### MEDICATIONS

- Follow your physician's instructions for medications.

### DRESSINGS

- Keep dressings dry, clean and in place until instructed by your physician to remove them.

### FOLLOW-UP APPOINTMENT

- Contact your physician for a follow-up appointment in \_\_\_\_\_ week(s), if one has not yet been scheduled.

Physician: \_\_\_\_\_ Phone No.: \_\_\_\_\_

Contact your physician (or his/her associate) promptly if any of the following occur:

- Temperature above 101 degrees F.
- Persistent nausea or vomiting (greater than 24 hours)
- Persistent headache
- Dizziness while standing
- Loss of bowel or bladder control
- Prolonged weakness or sensory loss in the affected extremity
- Worsened pain for more than three days after the procedure

If you are unable to reach your physician, go to the nearest Emergency Department or call 911 in an acute emergency including but limited to the following:

- Difficulty breathing
- Decreasing level of responsiveness or consciousness

The beneficial effects of nerve blocks may take several days to be apparent. Nerve blocks may not relieve all the pain and a temporary increase in pain may occur. Repeat injections may be necessary as determined by your physician on your follow-up appointment.

The above instructions have been reviewed with me. I understand they are for my benefit.

\_\_\_\_\_  
Patient's Signature

\_\_\_\_\_  
Date and Time

Discharge Instructions given by:

\_\_\_\_\_  
Nurse's Signature

\_\_\_\_\_  
Date and Time

\_\_\_\_\_  
Responsible Adult's Signature

\_\_\_\_\_  
Date and Time