

SAMPLE DISCHARGE INSTRUCTIONS

At the time of discharge, your nurse will give you a copy of your discharge instructions, completed by your surgeon, with his/her preferences unique to your particular surgery.

MEDICATIONS:

PAIN MED CHOICES: (Always take with food or snack to reduce stomach upset)

- Hydrocodone 5/325 one tablet every 3-4 hours as needed for pain
 - Hydrocodone 5/325 two tablets every 3-4 hours as needed for pain
 - Hydrocodone 10/325 one tablet every 3-4 hours as needed for pain
 - Hydrocodone 10/325 two tablets every 3-4 hours as needed for pain

 - Oxycodone 5/325 one tablet every 3-4 hours as needed for pain
 - Oxycodone 5/325 two tablets every 3-4 hours as needed for pain
 - Oxycodone 10/325 one tablet every 3-4 hours as needed for pain
 - Oxycodone 10/325 two tablets every 3-4 hours as needed for pain

 - Tylenol 650 mg one or two tablets for milder pain or a fever >100.5
-

BLOOD THINNER CHOICES:

- Lovenox 40 mg subcutaneous injection in the abdominal skin once daily for _____ days
- Coumadin _____ mg daily for _____ days
- Baby Aspirin 81 mg daily, starting after the Lovenox, for _____ days

CONSTIPATION CHOICES:

- Colace 100 mg twice daily for constipation
 - Glycerin Suppository for constipation
 - Milk of Magnesia 30 cc for constipation
-

NAUSEA OR STOMACH IRRITATION CHOICES:

- Compazine 12.5 mg one tablet every 6 hours as needed for nausea
 - Phenergan 25 mg one tablet every 6 hours as needed for nausea
 - Prilosec 20 mg one tablet daily as needed for stomach irritation or nausea
 - Gaviscon 2-4 tablets chewed up to 4 times per day
-

INSOMNIA CHOICES:

- Benadryl 25 mg one or two tablets as needed at bedtime for insomnia
 - Ambien 5 mg one or two tablets as needed at bedtime for insomnia
-

OTHER:

- Continue home medications
 - Stop home medications: _____
-

DRESSINGS & ICING:

- Gauze dressing over knee incision held in place by TED stocking, no tape, may change as needed, discontinue gauze after 7 days
- Taped dressing over knee incision, may change as needed, discontinue gauze 5 days after staples are removed
- Continue TED stocking on surgical leg for _____ days
- Continue TED stocking on non-surgical leg for _____ days
- Continue the cold pack unit provided by the hospital, using it for 30-60 minutes at least 4-6 times a day
- Cold pack the knee with a blue gel cold pack at refrigerator temperature for 20 minutes at least 4-6 times per day

SHOWERS:

- You may shower with the leg/incision covered with plastic on post-op day _____
- You may shower and get the incision wet, if there is no wound drainage, on day _____
- You may shower and get the incision wet, _____ days after staples are removed