
DISCHARGE INSTRUCTIONS / INFORMATION

We realize that the day of your discharge from the hospital may be a frightening time. We have compiled a list of routine instructions & information based on the common questions and concerns of patients.

1. It is important to see your primary care physician in approximately one week after your discharge. The purpose of this is to see that your general health care needs are being met, e.g. Blood pressure, Diabetes etc.
2. We generally like to see you in our office in two to three weeks from your discharge for follow up care in reference to the surgery you had. Therefore, please call the office the day of or the day after your discharge from the hospital to schedule your follow up appointment. **Our telephone number is 586-228-0550.**
3. Your wound is still healing. The general recommendation after major surgery is: NO heavy lifting, tugging, pushing, or pulling of greater than 10 pounds for 4 to 6 weeks.
4. You may climb stairs, but conserve the number of trips each day. Use common sense.
5. You may shower. If no shower is available to you, you may tub bathe but do not soak for too long.
6. You should not drive a car for 14 days after major surgery. No driving while taking pain medication on a regular basis. This is as much for your protection/safety as it is for others.
7. The little Steri-Strips (tapes) on your incision may be removed 10 days from the time of surgery. If a few fall off before, don't worry...we will remove any remaining when we see you.
8. A prescription for pain medication will be provided to you at the time of your discharge.
9. You should follow a _____ Diet.
10. If you have questions or concerns, please call **(586) 228-0550**. One of our physicians is "on call" 24 hours a day. We will get back to you as soon as possible.

Our main goal is to provide you with the best surgical care possible.