

# **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
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### **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
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### **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
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**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
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**OTHER:**

- Continue home medications
  - Stop home medications: \_\_\_\_\_
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**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