

Did your doctor tell you that you have developed an infection related to your surgery?

If YES, please call the

Infection Prevention Control office at LWDH.

**(807) 468-9861 extension 2362**

*Thank you for helping us ensure quality care.*

## Lake of the Woods District Hospital

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# DISCHARGE INSTRUCTIONS FOR A MINOR PROCEDURE

Our Communities  Our Hospital  
**LAKE OF THE WOODS DISTRICT HOSPITAL**

1. Unless otherwise instructed, resume your usual diet today. If nauseated, stay on clear fluids until the feeling passes.
2. Increase your intake of fluid and fiber to avoid constipation. Laxatives may be used for constipation, but please discuss with your surgeon first.
3. You may shower or bathe. If showering, avoid saturating the incision with water and gently pat it dry afterwards. Avoid soaps, powders, and lotions. If you have a drain in place, keep dressing completely dry.
4. Restrict your activity and rest for the remainder of the day. Resume normal activity as tolerated and as directed on the days following your procedure.
5. Resume medications as before your procedure unless otherwise advised.
6. Take your prescribed pain medication as directed for discomfort.
7. Your physician will advise you when you can return to work.
8. If you have had a breast biopsy today, resume normal arm activity tomorrow.

**If you have been given anesthesia or sedation:**

- Do not drive or operate machinery for 24 hours.
- Do not make important decisions or sign any important documents in the next 24 hours. Do not plan any activities that require complex thought or coordination for 24 hours.
- Do not consume alcohol, tranquilizers or sleeping medications for the next 24 hours.
- Sedative and narcotic medicines given during a surgical procedure may linger for hours. You may feel dizzy for several hours afterwards.
- **You must have a responsible adult stay with you tonight at home.**

**Go to an Emergency Department** if any of the following occurs:

- ❖ Persistent nausea or vomiting not relieved by over-the-counter medications.
- ❖ Persistent pain not relieved by prescribed medications.
- ❖ Redness, swelling or drainage of pus from incision
- ❖ Fever and/or chills (38°C or 100°F)
- ❖ Unusual cough or shortness of breath

- ❖ *If you have a drain in place, your doctor will advise you when to make arrangements for removal.*
- ❖ If you had a biopsy, consider bringing a care partner with you to your follow up appointment.

**Follow Up**

Make an appointment to see Dr. \_\_\_\_\_

in \_\_\_\_\_ Phone Number \_\_\_\_\_

**If you have any questions, please do not hesitate to call your primary care provider.**

Special Instructions: \_\_\_\_\_

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