



For the first 24 hours following surgery, a responsible adult over the age of 18 must drive you and stay with you because you have been sedated. If you stay overnight in our facility, you will need an adult caregiver to stay with you or a caregiver from our staff can be provided for an additional fee. If you have excessive bleeding or pain, call the office at (405) 842-6677 during the day, and call Dr. Nuveen's cell phone at (405) 550-7522 at night. If you have any questions about these matters, please ask one of our nursing staff. You will be provided with printed follow-up instructions on the day of your surgery that will be reviewed with you and your caregiver prior to your procedure. Please retain these instructions for reference.

Ice Packs

Cold or ice packs help to reduce swelling, bruising, and pain. Use frozen peas in the package or place ice cubes into a sealable plastic bag, unless specifically instructed not to by your surgeon. This should help, not hurt. If the ice feels too uncomfortable, don't use it as often. Leave it in place no longer than 20 minutes on and 20 minutes off per area. Rotate ice placement for 24 hours. ***Under no circumstances should heat be applied.***

Diet

If you have any post-operative nausea, carbonated sodas and dry crackers may settle the stomach. If nausea is severe, use medication provided or prescribed. If you feel normal, start with liquids and bland foods. If those are well tolerated, progress to a regular diet.

Alcohol

Alcohol dilates the blood vessels and could increase post-operative bleeding. Please do not drink until you have stopped taking the prescription pain pills, as the combination of pain pills and alcohol can be dangerous.

Driving

Do not drive while taking prescription pain pills. Please be advised that all medications may impair judgment and the ability to drive or operate heavy machinery.

Post-Operative Appointments

It is very important that you comply with the recommended follow-up we establish after surgery - 24 hours, one week, one month, three months, and six months, or as needed to address any questions or concerns. This can be achieved through in-office appointments, by emailing photos to your nurse, or a combination of both.

FOLLOW-UP INSTRUCTIONS

I have received, read and understand the importance of following & adhering to the follow-up instructions listed.

X

Patient Signature and Date