

## Discharge instructions for Dr. Snyder and Dr. Proia's patients.

1. Take your medications as indicated on the discharge medication sheet given to you by the nurses before discharge.
2. It is very important that you walk at least three times a day to the best of your ability and as far as you can go until you become mildly tired or mildly out of breath. Then you should stop and rest and walk again until you have at least three walks every day if possible.
3. Do not drive a car for four weeks after discharge from the hospital and do not lift over 10 pounds for four weeks after discharge from the hospital.
4. Continue to use the breathing exerciser (incentive spirometer) which is the plastic device which you used to inhale deeply.
5. You may shower on the day of your discharge but do not rub the incisions for at least two weeks and do not submerge your incisions under water for at least one week. It is advisable to place a plastic chair or stool in your shower so that you can sit down if you do not already have a way to sit down in your shower.

There are a number of things which are common after a heart or lung operation and they are listed here.

6. Constipation is common and is often related to an activity and to the pain medication which you are taking and any over-the-counter laxative is perfectly fine to take.

A cough is fairly common after surgery, usually this is a dry cough but sometimes people do you cough up some mucus which is usually clear or white in color. If you are coughing up mucus which is green or brown in color and it gets worse rather than better than you should call our office especially if you run a fever of 100.5° or greater.

7. Leg swelling is also common after surgery, especially the leg where the vein was harvested if you had a bypass operation. Keeping the leg elevated when you're not walking will help alleviate the swelling. Also common is bruising of the leg where the vein was harvested and do this will resolve over time on its own.

8. It is very common to have aches and pains in the chest area where your incision was made and these usually subside over several weeks to months time. Also common along the chest incision is burning or numbness which is related to nerve endings being irritated from the surgery in the area. This normally resolves by itself over time as well.

9. Nausea is also fairly common after surgery and is usually related to medications. If you are nauseated and this is getting worse then you should call our office and at that time please have a list of all of the medications that you take so that we can review this medication list and make changes.

10. If you need more pain medication or need to call our office please do so during the hours 8 AM to 12 noon or 1:30 PM to 4:30 PM and if you feel that you're going to run out of pain medication on the weekend please call us early on Friday so that this can be refilled if needed. The doctor on call for the weekend may not know your situation and because of narcotic abuse may not be willing to provide more pain medication over the weekend.

11. Mild to moderate shortness of breath is common after surgery and normally takes several weeks to go away or get much better but, if you are short of breath and it is getting worse then you should call us and not wait until your appointment.

12. It is very common to have clear yellow or slightly bloody drainage from the small incisions where the drainage tubes were placed. If you will clean these areas with soap and water and keep them dry or covered with a Band-Aid they will normally heal themselves.

13. If you develop drainage from the long incision on your chest then you should call our office the day you first notice it.

14. If you run a fever over 101° and have any redness or drainage from your incisions then you should call us that day.

15. Over-the-counter anti-inflammatory drugs like Motrin or Advil also work well to control pain after surgery and you are welcome to take these as long as you have been able to take them before surgery.

Our office hours are 8 AM to 12 noon and 1 PM to 4:30 PM Monday through Friday. If at all possible please call between these hours otherwise you may not get a return call until the next day. If you feel that you are experiencing an emergency situation then please call 911 and notified them first.

Our office personnel are there to help you in any way so if you feel you need help then do not hesitate to call our office. Stacy and Diane are the two people who are normally in our office during the day.

Our office phone number is 352 -331-3583 our office fax number is 352-331-3669.

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