

Instructions

- Rest for the remainder of the day, it is recommended that you go home directly after discharge
- Keep to you regular diet
- Do not lift anything over 10 pounds for 3 days
- Do NOT soak in a pool of water/submerge the site in water until the site is healed
- Remove gauze dressing from the site in 24 hours. Leave open to air. Check your right next site each day for signs of redness, drainage, or tender to touch.
- If you notice bleeding from the procure sight, Apply firm pressure immediately for 15 minutes to site. If bleeding continues or swelling at the site continues after 15 minutes of pressure - seek medical attention.
- Sleep with your head inclined at 30° or greater in a recliner or propped up on pillows.

Instructions due the conscious sedation/set a chance you received:

- Over the next 48 hours, do not participate in activities were you could become injured. For example, do not drive, operate heavy machinery, cook, or use power tools
- Do not make important decisions or sign legal documents for the next 24 hours
- Only take over-the-counter or prescription medications for pain, discomfort or fever, as directed. If pain medications have been prescribed for you, ask for healthcare team has seen it is safe to take.
- For the next 24 hours, you should not drink alcohol, take sleeping pills, or medications that cause drowsiness.
- It is recommended that you have supervision or access to seek help for the next 24 hours and/ or have a caregiver with you overnight.

Seek medical attention for the following:

- Bleeding continues after 15 minutes of firm pressure to site
- Develop a fever greater than 100° F
- Increased or continued pain from the site
- Pain is not relieved by pain medication
- Redness, swelling, warmth, bleeding, or other drainage from the site
- Lightheadedness, dizziness, nausea, or vomiting
- Shortness of breath or difficulty breathing

Go to closest emergency room to seek emergency medical care.