



## MICHAEL J. DORSI, MD

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### DISCHARGE INSTRUCTIONS

**WOUND CARE:** Your incision has been closed with sutures underneath your skin. There is no need for suture removal. Glue has been applied to the outer layer of skin. This will likely flake off over the next week. Do not apply any products to the incision. You may shower 48hrs after surgery. Do not soak in a tub, pool, or ocean until 3 weeks after surgery.

***Notify Dr. Dorsi if you notice redness, swelling, or drainage from the incision.***

You may resume a regular diet.

- It is not uncommon to have a sore throat for several days after surgery. If this worsens or if you develop increased difficulty swallowing contact Dr. Dorsi. Lozenges/cough drops may help the sore throat.

**MEDICATIONS:** Continue all medications that were prescribed prior to surgery. If you were previously on aspirin and it was held for surgery, you may resume taking aspirin 7 days after surgery

New Prescriptions: \_\_\_\_\_  
\_\_\_\_\_

Over the counter: Colace (stool softener) 100mg, take 1 every 12h while on oxycodone  
Tylenol 650mg every 4hr as needed for pain

**ACTIVITY:** You may walk around, but do not overdue it. Avoid strenuous, jarring activities and sudden movements. Avoid lifting over 10lbs. You may go up and down stairs.

**FOLLOW-UP:** You are scheduled to see Dr. Dorsi \_\_\_\_\_

***IF ANY NEW CONCERNS OR QUESTIONS ARISE, PLEASE DO NOT HESITATE TO CONTACT DR. DORSI.***