



Luis E. Roca II, M.D. • Joseph Venditto, M.D. • Melissa Acevedo, M.D. • Mary Grady, M.D. •
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POST-OPERATIVE PATIENT INSTRUCTIONS

- ❖ Limited activity is suggested for 24 hours following anesthesia. Avoid driving for the first 24 hours.
- ❖ You should not drive a motor vehicle and must have a responsible person drive you home on the day of your procedure. You will need a responsible person to stay with you the first 24 hours following anesthesia.
- ❖ You may experience dizziness, drowsiness, or lightheadedness after anesthesia.
- ❖ Drink plenty of water and get enough rest.
- ❖ You should not engage in exercise, sports, heavy work (pushing, pulling, squeezing, or carrying), lift heavy objects, consume alcoholic beverages, use tampons, intercourse, bathe in the ocean, swimming pool, or hot tub until you have attended your post-operative appointment and have been given clearance by your doctor.
- ❖ Follow the labeled instructions on the prescription medication ordered by your doctor. You should avoid taking medications on an empty stomach. Do not use products containing aspirin for at least one week after surgery.
- ❖ For pain, you may take up to 800mg of ibuprofen or acetaminophen every 6 to 8 hours (if you are not allergic). You may purchase these medications over the counter without a prescription.
- ❖ You will need to call the office and schedule a post-operative appointment as directed by your doctor at **(305)665-9644**.

Report any of the following signs or symptoms immediately:

- Temperature greater than 100.4 degrees, if you have chills take your temperature
- Nausea or vomiting after the first day
- Bleeding or discharge heavier than a period
- Your pain is not relieved by the medication prescribed by the doctor
- Difficulty breathing, swallowing, or swelling of your throat

In case of an emergency please call 911

If you are unable to reach your doctor, please contact one of the covering doctors: -

Luis E. Roca II, M.D., Joseph Venditto, M.D., Melissa Acevedo, M.D., Mary Grady, M.D., Richard Petersen, M.D. through their 24-hour answering service at **(305)665-9644**. For immediate medical needs, please go to South Miami Hospital (located at 6200 SW 73rd Street Miami, FL 33143) where these doctors have transfer agreements and staff privileges.

I HAVE RECEIVED, READ, AND UNDERSTAND THE ABOVE INSTRUCTIONS.

Surgical Coordinator (305)665-9644 #5