

**PATIENT DISCHARGE SUMMARY AND INSTRUCTIONS
GENERAL INSTRUCTIONS**

ACTIVITY

- _____ Bedrest with bathroom privileges only – day of surgery.
- _____ Minimal walking with assistance.
- _____ Do not bend forward or lift – 2 weeks.
- _____ Driving permitted after 5-7 days.
- _____ Restrictions: No prolonged sun exposure to face for 4-6 weeks.
- _____ Resume full activity/exercise Start slowly after 2 weeks.
- _____ Other: Sleep with head and shoulders elevated on 2-3 pillows for 48 hours.

DIET

- _____ Clear liquids for 24 hours or small amounts of bland foods such as crackers, bread, clear soup, plain pasta or baked potato.
- _____ Soft diet 2 days.
- _____ Regular diet.
- _____ Other: Drink plenty of fluid.

HYGIENE

- _____ Tub bath or sponge bath for 2 days.
- Begin
_____ Shower after 2 days.
- Begin
_____ Shampoo hair gently on second day after surgery. (In shower or Dr. Manduano's nurses wash hair in office)
- _____ Air dry hair for 7 days and cool blow dry after 7 days.
- _____ Color, tint or dye hair after 4-6 weeks