

Instructions for patient phone calls

Please obtain the following information before asking the physician:

Pt name DOB

Surgery & date or diagnosis that Dr. Lorenzo is treating

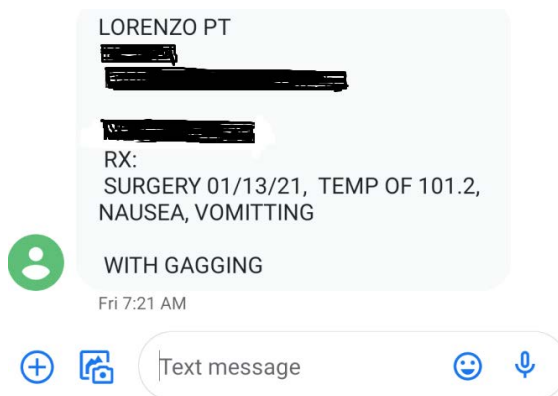
Problem

Allergies

Prescription or OTC laxatives

Blood thinners/ASA/ibuprofen –if pt bleeding

Pain medication pt taking –if pt in pain



If **anorectal surgery**(incision on bottom), discharge instructions read:

MEDICATIONS

- **Take your pain medication within 6 hours of surgery, then every 4-6 hours as needed.** You may take *Ibuprofen 400mg or Tylenol 650mg every 6 hours* instead of/in addition to prescribed pain medication. **DO NOT** take Tylenol with your prescribed pain medication. If you find that your pain medication is not adequate, call our office or your local pharmacy
- Take **Metamucil** 1 tsp in 8 oz water or juice **DAILY** *unless you take prescription laxatives*

- Take **Milk of Magnesia** 1 tsp every day following surgery until you have a bowel movement. If you do not have a bowel movement within 24-48 hours after surgery, take Milk of Magnesia 1 tsp every 4 hours until you do. If no BM within the next 24 hours, then call the office 423-267-0466

ACTIVITY

- NO HEAVY LIFTING, PUSHING OR PULLING >10# X 2 WEEKS(Rectocele 6 weeks and no intercourse)

Review discharge instructions with pt to make sure they understand and are following

If **colorectal surgery** (incisions on abd), discharge instructions read:

INSTUCTIONS AFTER FIRST POSTOP DAY UNTIL FIRST BM (medications are over the counter)

- Sennakot twice daily
- Milk of Magnesia 10cc or 2 tsp twice daily
- Stop both medications after first BM; Do not use other over the counter laxatives without you doctor's permission; please resume any prescription laxatives on discharge

ACTIVITY

- NO HEAVY LIFTING, PUSHING OR PULLING >10# X 6 WEEKS

Review discharge instructions with pt to make sure they understand and are following