



# TEXAS SURGICAL ASSOCIATES

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## DISCHARGE INSTRUCTIONS

Call the office for an appointment as soon as you are discharged.  
You should be seen 1-2 weeks from your discharge date so we can follow your wound.

Our office is located at 7737 Southwest Freeway #201. Our phone number is 713-776-3402.

- 1. NO DRIVING:** No driving until your surgeon or physician assistant has cleared your incision(s) and you are no longer taking pain medication.
- 2. EXERCISE:** Try to walk one mile per day. Slowly increase your walking distance each day. The goal is to walk two miles or more daily.
- 3. DIET:** Please follow a low fat, low cholesterol, no salt added diet. If you are diabetic, then resume your diabetic diet. If you are a dialysis patient, resume your renal diet.
- 4. INCISIONAL CARE:** Shower each day, clean your incisions. Please do not use any creams, lotions, or peroxide on your incision. Call the office if your incisions become red, hot to touch, or draining a puss-like fluid.
- 5. NOTIFY YOUR SURGEON:** If you have an increase in pain not relieved with by your pain medications; increasing shortness of breath, temperature above 101 degrees, or if your incision appears to be infected.
- 6. MEDICATIONS:** Bring list of your medications to the office visit. If you have any questions regarding your blood pressure or other medications, contact your cardiologist or primary care physician. You may take your pain medication one to two tablets every 4-6 hours needed for pain. Your pain medication will not be effective if you wait until you are in severe pain. After a few days you should be able to take Tylenol or Advil for pain. You should discuss the benefits of a beta blocker, cholesterol lowering medication, ACE inhibitor or aspirin with your cardiologist or primary care physician.
- 7. PRESCRIPTION REFILL:** Please plan in advance if a prescriptions after regular business hours or on weekends, so plan your refill requests in advance.
- 8. RETURN TO WORK:** This will be discussed with your doctor when you are seen in the office.
- 9. TRAVELING:** If you are riding in a car for a long period of time, please stop every hour and walk around the car 5-10 times.
- 10. SMOKING CESSATION:** Discuss this with your family doctor if you have been unable to stop smoking. Smoking cessation is essential for good outcome.
- 11. SEXUAL ACTIVITY:** Resume when desired, as the passive partner. After two months, you may resume your preoperative sexual activity.
- 12. IF YOU HAD HEART OR LUNG SURGERY:**
  - A: CHEST X-Ray:** you will need a chest x-ray on the day of your office visit. Take the prescription that was given to you on discharge to the radiology department located at Medical Plaza 4 (7789 Southwest Freeway) their phone is 713-778-4300. Allow one hour for your chest x-ray study. You may have this x-ray to your office visit.
  - B: LIFTING:** No lifting anything greater then 10 pounds for six weeks from the day of your surgery.
  - C: COMPRESSION STOCKING:** (if applicable) wear the compression stocking during walking hours. You may have some mild swelling from the effected leg. You may also have increased swelling in the evening. To relieve your swelling, lay on the couch or bed and elevate your leg with two pillows.
- 13. PAYMENT:** If you have an unpaid balance with Texas Surgical Associates, you will be asked to pay this balance, or make payment arrangements with our business office. Payment is accepted by personal check, cash, or credit card.