



AMPUTATION DISCHARGE INSTRUCTIONS

Medications:

- Take pain medication as directed.
- Do not drink beer, wine, or hard liquor or take recreational drugs while on pain medication.
- Take a gentle laxative such as Senekot S daily as directed if constipation becomes a problem.

Activity:

- No lifting over 10 pounds. A full gallon of milk weighs 8.6 pounds.
- Out of bed and up to a chair for meals.
- No driving until cleared to do so by your surgeon. Modifications may be required to return to driving.
- You are at an increased risk of falling. Please use walking aid and/or wheelchair as directed by physical therapy.

Diet:

- Resume the diet you were on before surgery. Eat fruits, vegetables, and bran products to avoid constipation.

Wound Care:

- Keep your wound clean and dry. Change the dressing daily. Inspect your skin daily for redness and heat. Notify your home health nurse or physician if necessary.
- Staples or sutures will be removed at the follow-up visit with your surgeon.
- Wear the knee immobilizer or post-operative rigid dressing, if provided, except when bathing.
- If you fall on your stump call your surgeon's office. You may need an urgent examination.

Bathing:

- You may shower but no tub baths, hot tubs, or whirlpools until approved by your surgeon.
- Gently pat your wounds dry.

Special Instructions:

- Amputee Coalition of America provides a wealth of information for amputees. For more information, please call 1-888-267-5669 or visit http://www.amputee-coalition.org/nlic_about.html.

***If you smoke or use any tobacco product, "PLEASE STOP NOW!"
For assistance, Call the New Jersey Quitline 1-866-657-8677
And please discuss with your surgeon and Primary Physician for help***

Call Dr. Nasir Khan if any of the following conditions develop after discharge:

- Pain not controlled by the medication prescribed.
- Signs and symptoms of infection: shaking chills, redness, swelling, drainage from your wound, increased pain or a fever above 101 F (38.3C).
- If you had a catheter in your bladder, and you have signs and symptoms of urinary tract infection: fever, cloudy or foul smelling urine, difficulty urinating or burning with urination.

If unable to reach your doctor, go to the nearest emergency room.

Call your surgeon's office within 24 hours for a follow-up visit if it was not scheduled prior to discharge.

I have read and understand these instructions.

Signature of Responsible Adult

24-h Time

Signature of RN Reviewing Instructions

24-h Time

Vascular & Vein Center of NJ
10 Industrial way East, Suite 103
Eatontown, NJ 07724
Tel: 732.642.VEIN (8346)
WWW.VVCNJ.COM