



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 a walking aide 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/nllic_about.html.

***If you smoke or use any tobacco product, "PLEASE STOP NOW!"
For assistance, call the New Jersey Quitline at 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. /
have read and understood these instructions.**

Patient Signature

Date

Care Provider reviewing instructions Signature

Date/Time