1. DIET:

   _____ DAY #1:
   Avoid hot (temperature) & highly seasoned (spicy) foods. Drink water, milk, juices, broth. Eat ice cream & jello.

   _____ DAY #2:
   Drink many glasses of lukewarm water from morning to bedtime. Eat soft foods (yogurt, mashed potatoes, etc.) as tolerated.

   _____ DAY #3:
   Gradually resume your normal diet, avoiding hot (temperature) & highly seasoned (spicy) foods. Also avoid potato chips, nuts, dry toast, popcorn & crackers until 2 weeks after surgery.

2. _____ Prescription sent home with patient. Use as directed.
   _____ Prescription information sheet sent home with patient.

3. ACTIVITIES:
   _____ Do not drive or operate hazardous machinery for 24 hours.
   _____ Limit your activities for 24 hours. Do not engage in sports, heavy work or heavy lifting until your physician gives your permission.
   _____ May resume normal activities.

5. SPECIAL INSTRUCTIONS:
   If you have any medical or surgical problems, call your physician. If your doctor is unavailable, call the Hospital Ambulatory Surgery Center [202-555-1212] or the Hospital Emergency Room [202-555-1212] for advice or assistance.

6. FOLLOW UP VISIT:
   You should see Dr. Dr. Kirk Williams on . Call the doctor's office for an appointment.

These instructions have been explained to patient and/or responsible party. A copy has been given to the patient.

NURSE'S Signature / Title: PATIENT'S Signature: