**DISCHARGE INSTRUCTIONS**

1. The patient may continue oral pain medication as hydrocodone 10 mg by mouth every four to six hours as needed for severe pain. Gradual weaning of this medication is recommended. Continue Lidoderm patches for additional pain relief. The patient may also take tramadol 50 mg tablets (2 tablets every 2 hours as needed for pain) and gabapentin 300 mg three times daily.
2. Follow a normal diet as tolerated.
3. Discharge and dressing care instructions have been provided. Dressings should remain in place for five days, with the superficial layer removed after this time. Dressings must be kept dry; do not wet them during this period.
4. Follow-up with the provider in two weeks.
5. Resume all home medications as previously prescribed.
6. Engage in normal activities of daily living but avoid lifting, bending, twisting, or sitting for longer than 30 minutes. Use an abdominal brace for comfort as needed.
7. Begin physical therapy two weeks after discharge.
8. Detailed discharge instruction sheets have been provided.
9. Follow recommendations from the hospitalist regarding hypertension, hypothyroidism, and other medications until a primary care provider is consulted.
10. Contact the office if there is any discharge or soakage from the dressing.
11. Follow up with the family practitioner upon discharge.