



## *Instructions for AFTER YOUR SURGERY*

After your surgery/procedure you will receive care in the “Post Anesthesia Care Unit.” The nurses will closely monitor you during your recovery and once you are able to transfer from your bed to a recliner, a family member will join you. In most cases, depending on your procedure, you will be ready to leave the Center in 30 minutes to 2 hours following completion of your surgery.

Before you are discharged, your nurse will review your home care instructions with you and your family. A copy of these instructions will be sent home with you.

### **Have someone stay with you for the first 24 hours after surgery.**

Take it easy until your physician says you can return to your normal routine.

It is natural to experience some discomfort in the area of the operation.

You may also experience some drowsiness or dizziness depending on the type of anesthesia you receive or *on the amount of pain medication you are taking at home.*

Do not drive, operate heavy machinery or power tools, cook, drink alcoholic beverages, smoke, make legal decisions, or take any medications not prescribed by your physician for at least 24 hours after your surgery.

Be sure to take a stool softener (such as Colace or Senokot) as the pain medications can cause constipation, or drink prune juice, pear or apricot juice with pulp.

The day after surgery, a member of the Surgery Center staff will call to see how you are feeling.

Contact your physician if you feel you are having problems after surgery.

**If you cannot contact your doctor but feel your concerns warrant a doctor’s attention, call or go to the emergency room closest to you.**