



Your Outpatient Surgery

What To Expect

Apogee Surgery Center



The First 24 Hours

When you return home, please remember to avoid strenuous activities, driving and making any important decisions for the first 24 hours. Avoid greasy and spicy foods, as they may irritate your stomach.

For 24 hours:

NO driving



Also:

NO exercise

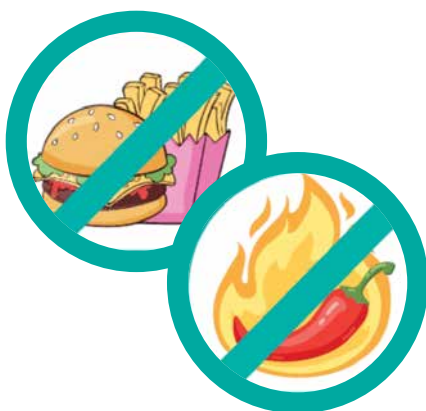
NO operating heavy machinery

NO making important decisions

NO alcohol

And:

Avoid greasy and spicy foods.



Pain and Discomfort



You may experience some pain and discomfort after your procedure. Elevate the affected area, apply ice to the surgical site and get plenty of rest. Over-the-counter pain relievers such as Ibuprofen, Aleve and Tylenol also help. Be sure to follow the manufacturer's dosing instructions.

Narcotics

If you're prescribed a narcotic, be sure to take it with food, as it may cause nausea on an empty stomach. Constipation is a common side effect of narcotics; stool softeners can help. Consult with your doctor before using over the counter anti-inflammatory/pain relievers.



Call your doctor if you continue to experience pain.



Anesthesia and Sedation

- Cold cloths
- Rest
- Deep breaths
- Stay hydrated



After anesthesia you may experience nausea and dizziness. Stick to small sips of clear liquids and ice chips before progressing to solid foods. A cold cloth on your forehead, rest and deep breathing can ease symptoms. Dizziness is common side effect of anesthesia. Move slowly to prevent falls and arrange to have help at home while your anesthesia/sedation wears off. Call your doctor if nausea persists for more than 24 hours.

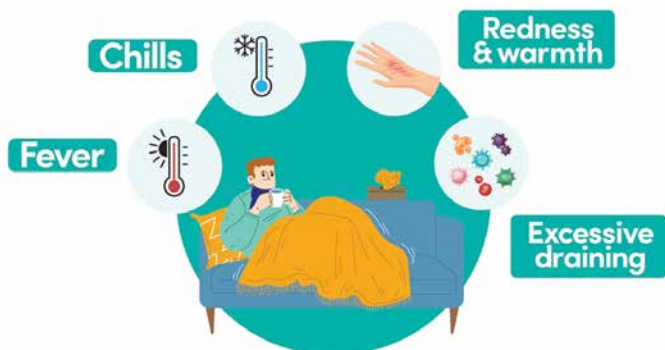


Call your doctor if your
nausea persists more
than 24 hours

Infection Symptoms and Prevention



Call your doctor if you experience chills, fever, redness and warmth or excessive draining from your surgical site.



Preventing Infection



- Clean & dry hands
- Avoid touching your surgical site
- Don't remove your dressing unless instructed

Keep your surgical dressing clean and dry and avoid touching the surgical site. Do not remove your dressing unless instructed to do so. Always use good hand hygiene before touching your dressing.

Bleeding

You may experience a small amount of bleeding at home. Elevating the affected area, applying ice to the surgical site and applying pressure can help.



Apply
pressure



Apply
ice



Elevate the
surgical site



Call your doctor if bleeding persists or dressing becomes saturated



Post-Operative Visit

During your first post-operative visit, your doctor will review your procedure, discuss expectations, and outline any further recovery plans. Be sure to ask any questions you have at this time.

Thank you!

Thank you for choosing Apogee Surgery Center for your care. You will receive a patient care experience survey regarding your experience. In the survey there is a small section for consumer assessment of healthcare focused on industry standards for overall healthcare improvements. Your experience matters to us, and we appreciate your input as we strive to provide the best possible care.

After Your Surgery

At Apogee Surgery Center, it is our privilege to you provide you the best possible surgical care in a safe and comfortable environment. We want to make sure you and your family know what to expect after your procedure. Please don't hesitate to contact a member of your care team if you have any questions.

Surgical procedure: _____

Admissions representative: _____

Pre-op nurse: _____

Circulating nurse: _____

Post-op nurse: _____

Anesthesia provider: _____



You may also watch a video with brief, easy-to-follow instructions for post-surgery care. Use your smartphone's camera app to open this QR code to watch.



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