

TALLGRASS ANESTHESIA

RECOVERY IN THE SURGICAL FACILITY (FAQ)

What can I expect after the operation until I go home?

After surgery, you will be taken to the postanesthesia care unit, often called the recovery room. Your anesthesiologist will direct the monitoring and medications needed for your safe recovery. For about the first 30 minutes, you will be watched closely by specially trained nurses. During this period, you may be given extra oxygen, and your breathing and heart functions will be observed closely.

Then you may then be moved to another area where you will continue to recover, and a family or friend may be allowed to be with you. Here you may be offered something to drink, and you will be assisted in getting up.

Will I have any side effects?

The amount of discomfort you experience will depend on a number of factors, especially the type of surgery. Your doctors and nurses can relieve pain after your surgery with medicines given by mouth, injection or by numbing the area around the incision. Your discomfort should be tolerable, but do not expect to be totally pain-free.

Nausea or vomiting may be related to anesthesia, the type of surgical procedure or postoperative pain medications. Although less of a problem today because of improved anesthetic agents and techniques, these side effects continue to occur for some patients.

Medications and regional anesthetic techniques to minimize postoperative pain, nausea and vomiting are often given by your anesthesiologist during the surgical procedure and in recovery.

When will I be able to go home?

This will depend on the type of surgery and the anesthesia used. Most patients are ready to go home between one and four hours after surgery. Your anesthesiologist will be able to give you a more specific time estimate. Occasionally, it is necessary to stay overnight. All ambulatory surgical facilities have arrangements with a hospital if this is medically necessary.

What instructions will I receive?

Both written and verbal instructions will be given. You will receive both general instructions and instructions that apply specifically to your surgery.

In general, for 24 hours after your anesthesia:

Do not drink alcoholic beverages or use nonprescription medications.

Do not drive a car or operate dangerous machinery.

Do not make important decisions.

You will be given telephone numbers to call if you have any concerns or if you need emergency help after you go home.

RECOVERY AT HOME (FAQ)

What can I expect?

Be prepared to go home and finish your recovery there. Patients often experience drowsiness and minor after-effects following ambulatory anesthesia, including muscle aches, sore throat and occasional dizziness or headaches. Nausea also may be present, but vomiting is less common. These side effects usually decline rapidly in the hours following surgery, but it may take several days before they are gone completely. The majority of patients do not feel up to their typical activities the next day, usually due to general tiredness or surgical discomfort. Plan to take it easy for a few days until you feel back to normal. Know that a period of recovery at home is common and to be expected.