

PREOPERATIVE

1. You must arrange for someone to drive you to and from the surgery center. Either a family member or a friend must remain with you after surgery for **24 hours**, as you will have been sedated. **The surgeon will come and talk to your family member when the surgery is finished, to let them know how the surgery went.**

2. If you have **insurance** please check to see if your surgery needs to be **pre-certified** prior to surgery, this can be done by checking your insurance card or calling the phone number on your card, as well as checking with your handbook.

3. Preadmission testing and or Anesthesia consult are required. Make sure to bring your insurance card and list of all medication. Specific instructions will be given at that time. If you can not make your appointment your surgery may be cancelled.

4. Should you become ill within a week or less of your surgery date that requires seeing your family doctor and medication is prescribed, please call our office immediately. It may be necessary to postpone your surgery.

PREPARATION

1. **Nothing to eat or drink after midnight the day before your procedure, not even water.** If you have been instructed that you can take your regular medications, you can do so the morning of surgery with a small sip of water, if that is your regular scheduled time.

3. **Smokers** have a greater chance of poor healing and higher risk of infection because of decreased skin circulation.

4. **Remove all mascara, nail polish, contacts and All body jewelry prior to your arrival. Wear casual, loose-fitting clothes.**

LENGTH OF STAY

1. Most patients will be discharged the same day. Expect to be at the ambulatory center anywhere from 4 to 6 hours. This is including operating and recovery time.

2. Some patients may need to stay overnight depending on medical history, recovery, ect.

MEDICATION

1. Your surgeon will prescribe pain medication, to be taken if necessary. Drowsiness may occur while taking pain medication, so do not operate machinery, drive or drink alcoholic beverages while taking them. It is best to take your pain medicine on a full stomach to decrease the possibility of nausea and or vomiting.

2. **After you are discharged any medications you were taking at home for problems unrelated to your surgery may be started again on the same schedule you followed prior to your surgery.**

NORMAL SYMPTOMS

1. Moderate **swelling** and **bruising** are normal after surgery. Ice packs, the first 72 hours are most beneficial for swelling, heat can help with pain.
2. Mild to moderate discomfort or pain is normal after any surgery. If the pain becomes severe and is not relieved by pain medications, please call us during office hours 8am to 5pm Monday thru Friday.
3. Small sensory nerves on the skin surface are occasionally cut when the incision is made during surgery. The sensation in those areas gradually returns, usually within 3-6 months as the nerve endings heal spontaneously.
4. Itching and occasional small shooting electrical sensations within the skin frequently occur as the nerve endings heal. Skin moisturizers and massaging the area are frequently helpful.
5. All new scars are red, dark pink or purple. Scars on the breast or body may take a year or longer to fade completely. You will feel a ridge of tissue under the scar; this is a reaction to the sutures. It will be several months for this to go away completely. You can use vitamin E oil on the incision once the staples have been removed to help with healing.
6. Occasionally allergic or sensitivity reactions may occur from soaps, ointments, tape or sutures used during or after surgery. Such problems are unusual and are usually mild and easily treated.

DRESSING AND OR WOUND CARE

1. **After most surgeries you may shower the next day.** Remove outer bandages leaving on the steri-strips
2. Wound infections are a possibility after any surgery. Should you notice redness, temperature of 101 degrees or higher, or purulent (pus) drainage, call our office.

ACTIVITY

1. **You may resume normal activities at home as you can tolerate. *It is important to be up and walking around after surgery.***
2. Specifics for lifting, driving and returning to work will be given to you, by the surgeon, on your post op visit in the clinic.

DISCHARGE

You may feel lightheaded, drowsy or nauseated after general anesthesia and postoperative narcotics. These symptoms last a short time and often disappear once you wake up from a nap and **drinking plenty of fluids**.

Progress to a normal diet as tolerated: Start with light meals IE: mashed potatoes, soup and crackers, ext. If nausea becomes a problem, a clear liquid diet is recommended with progression to a normal diet.

Treatment for after surgery problems

After surgery you may experience:

Sore throat: you can use lozenges, gargle with warm salt water.

Nausea: remain on clear liquids until nausea subsides, avoiding milk and milk products. Progress back to a normal diet.

Tenderness at IV site: you may experience redness, tenderness and or swelling; apply warm compress three or four times a day.

Pain under ribs: Walking, coughing, deep breathing will help

Constipation: Milk of Magnesium, stool softener, drinking plenty of fluids

Dizziness: Drink plenty of fluids

If you have any questions regarding these instructions, or need pain medication refill please call our office @ 479-521-1484 between the hours of 8am and 5pm, Monday - Friday.

If you have an emergency after hours the doctors can be reached thru WRMC @ 479-463-1000 and ask for the surgeon on call for Ozark Surgical Associates.