



AFTER THE PROCEDURE

The length of your stay will depend on your individual situation. Most patients for same-day surgery stay approximately one to two hours after surgery is completed, and some patients require overnight admission. Speak with your surgeon about this ahead of time. You will be discharged when you have met the discharge criteria. It is recommended that you have someone stay with you for the first 24 hours following surgery if you are going home the same day. You may want to stock your refrigerator ahead of time with ready-to-eat foods and beverages for when you are recuperating.

Questions, problems, emergencies? Keep your surgeon's phone number handy. If there is an emergency, dial 9-1-1 or go to the nearest emergency room and notify your surgeon immediately. Other types of questions you need to call your surgeon's office any time of day or night stating your problem and that you have just had surgery.

The person taking you home must be available when you are discharged. When you receive general anesthesia or intravenous sedation, you must have a responsible adult 18 years or older drive you home. A taxi driver does not meet these criteria unless you are also accompanied by a friend or family member. You may risk cancellation if you are unable to comply with this. You should have a responsible person stay with you for the first 24 hours after surgery. Some types of local surgery on the hands, feet, or eyes may also require you to have someone drive you home. Your ride should be available to pick you up when we call. You will not be able to drive for 24 hours and will need instructions from your surgeon as to when you can resume this activity. Please provide a contact number where your ride can be easily reached.

Post-Surgical Pain Management

We work with your surgeon and anesthesiologist to keep you as comfortable as possible. Written post-operative instructions will include information about your post-surgical pain management and your medications. These will be reviewed by a Registered Nurse with you and a designated family member or friend.

Filling Your Prescriptions

We recommend that you choose a pharmacy with evening hours and one that is close to home. If your surgery is at the Luckow Pavilion, you can fill your prescription(s) at the Valley Health Pharmacy, located in the lobby.

Post-Operative Instructions

Written post-operative instructions regarding post-surgical pain management, medications, diet, rest and activity will be reviewed by a Registered Nurse with you and a designated family member or friend. When you get home, please review your post-operative instructions again.

Do not drive a car, smoke, drink alcoholic beverages, operate machinery, cook, or sign any important papers or make any significant decisions for at least 24 hours after your surgery. You may want to plan ahead to find someone who can help you get to your first post-operative appointment at your surgeon's office.