PERIOPERATIVE SERVICES

Day Surgery Unit/Post Anesthesia Care Unit

General Post-Operative Instructions

We want your recovery to be as safe and as comfortable as possible. For this reason, we suggest that you comply with the following advice:

You should:

1. Have someone available to stay with you overnight upon returning home.
2. Not drive a car or operate machinery for at least 24 hours after the procedure.
3. Limit activity requiring full concentration: e.g., make important personal or business decisions, as full mental alertness may not return for several hours.
4. Not drink any alcoholic beverages for at least 24 hours following your procedure as alcohol may influence the effects of the drugs you have been given.
5. Eat lightly for the first meal following your procedure.
6. Take it “easy” for a day or two.

Deep Vein Thrombosis (DVT) is a blood clot in a deep vein and is a major health concern that should be discussed with your physician.

You may be at risk for developing a DVT for any of the following reasons:

* Recent surgery
* Immobility
* Previous DVT
* Problems with circulation
* Obesity
* Increasing age
* Acute medical illness

DVT’s most commonly occur in the legs, usually the calf. Signs and symptoms to watch for include: calf pain or swelling, redness or discolouration, a knot in the calf that you can feel and that is warm to touch, fever, shortness of breath, rapid heart rate or chest pain.

If you experience any of these symptoms go to the Emergency Department or call 911 for immediate assistance.

**CONTINUED ON OTHER SIDE 🡪**

Your Return Appointment Reminder

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(YY/MM/DD)

Location: 🞎 QCH Admitting Department

🞎 Doctors Office

🞎 Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If you have any other problems or are concerned about your condition for any reason, please contact your surgeon through his/her office or follow the directions on your surgeon’s message machine regarding reaching another surgeon.

If you are unable to contact your surgeon or the surgeon covering his/her practice, come to the Emergency Department of the Hospital where you will be seen by an emergency physician.