



2750 South River Rd, Des Plaines, IL 60018

IMPORTANT INFORMATION ABOUT WHAT TO EXPECT DURING YOUR RECOVERY

ANESTHESIA:

The side effects of anesthesia or sedation can last more than 24 hours; **you must have a responsible adult (18 or over) to stay with you for at least 24 hours**. Please rest the remainder of the day. Although you may feel “normal”, your reflexes and mental ability may be impaired. You may feel dizzy, lightheaded, and/or sleepy for 24 hours or longer. After general anesthesia, it is normal to feel generalized aching and a sore throat may occur.

DIET:

Drink plenty of fluids and progress to your normal diet as tolerated, unless otherwise instructed by your doctor.

NAUSEA & VOMITING:

It is not uncommon to experience nausea or vomiting after surgery. If you are unable to keep food or liquids down or your nausea or vomiting is persistent, please contact your surgeon’s office. Your surgeon’s office may decide to call in and/or write a prescription to help with the nausea or vomiting, if needed.

BLEEDING:

It is not uncommon to experience some minor bleeding after surgery. Blood in the urine, semen and stool is normal for the first 72 hours. Keep in mind, a teaspoon of blood looks excessive when mixed with urine. However, if bleeding is excessive or blood is coming through your dressing, please apply light pressure and call your surgeon’s office right away for further instructions. If you feel this is an emergency, dial 911, or go to the nearest Emergency Room Department.

INFECTION:

Call your surgeon if you experience any signs/symptoms of infection including: foul smelling or unusual drainage, excessive pain, redness, heat, or swelling near the site and/or fever greater than 100.4.

Good hand hygiene is important during your recovery. Your dressing should remain clean and dry until otherwise instructed by your physician. Follow your physician’s instructions regarding bathing, wound and/or dressing care to help prevent infection.

PAIN:

For your comfort and safety, please follow your doctor’s instructions regarding post-op activity and taking pain medication. Some discomfort after a procedure may be expected, please notify your doctor of any excessive or intolerable pain that is not controlled by your pain medication. It is important to stay ahead of your pain, take your pain medication as prescribed, do not wait for excessive pain.

Once you are home, if you have any questions/concerns regarding your procedure or home care instructions please call your surgeon’s office.

If you experience chest pain, difficulty breathing, or other emergency signs or symptoms, please call 911 or go to the nearest hospital Emergency Room Department.