

Post–Operative Pain

It is common to have some pain or discomfort after surgery. It may last a few days to a few weeks as your body heals. It is important to take your prescribed pain medication as directed.

Remembering that pain medication can take 30–45 minutes to start working. If you will be doing physical activity, plan ahead and take your pain medication approximately an hour before activity. Do not wait until your pain is severe before taking pain medication. However, if your pain is severe after taking pain medication as prescribed, you should contact your surgeon's office or go to the Emergency Department if after office hours. You may also call HaysMed One Call (855) 429–7633 if you have questions or concerns.

After surgery, follow your surgeon's instructions regarding activity and start slowly, increasing as tolerated. If increasing activity too fast, it may cause more pain and discomfort as well as dizziness.

Nausea/Vomiting

Nausea and vomiting are common after anesthesia. You may be sick to your stomach for 24 – 48 hours. If you are nauseated, it is important to stay on a clear liquid diet for 24 hours after surgery and then advance as tolerated. If not sick to your stomach, then you may keep advancing your diet back to normal. Avoiding greasy and spicy food is advised. If nausea and vomiting persist past this time period, notify your physician's office. Reminder: Pain medication and antibiotics can cause nausea/ vomiting especially if not taken with food.

Bleeding

After surgery you may notice some bleeding at your surgery site. It is normal to have light drainage through the dressing. The more activity and movement, the more your incision(s) may bleed. If there is a large amount of bright red bleeding and your bandage is saturated, leave the original bandage in place and place another bandage on top of it, elevate, apply pressure, and notify your surgeon as soon as possible.

Infection

It is normal to have a low–grade temperature up to a week following your procedure. This is a normal stressor response to having a surgical procedure. It is also normal to have a small amount of swelling and redness at the surgical site. If you notice this swelling and redness is increasing, notify your surgeon. To decrease the chance of infection, keep your surgical site clean and dry. If your surgeon orders an antibiotic, take it as prescribed and finish the full prescription.

Signs/Symptoms of infection include but are not limited to:

- fever > 101.4° Fahrenheit
- increased redness/warmth to the surgical site
- green/brown/milky drainage from the surgical site
- foul smell from the surgical site

Immediately Following Surgery

If you received GENERAL ANESTHESIA during your procedure you will go directly to the Recovery Room (PACU) for a MINIMUM OF 30 MINUTES after your procedure. Once you have started to wake up from anesthesia and your vital signs are stable, you will go back to Ambulatory Surgery where you will stay for a MINIMUM OF 1 HOUR. After returning to ambulatory surgery, you will be reunited with your family.

When you are awake and alert enough to drink/ eat, we will allow you to do so. You will be started on clear liquids (ex: water, juice, coffee, tea, jello, popsicle...) to ensure nausea is not present. If it is not, you may have crackers, toast, applesauce, pudding, etc. as directed by your nurse.

While in the recovery phase, your oxygen level will be monitored at all times. Your blood pressure will be taken every 15 minutes. For these reasons you will be hooked up to the monitor for the majority of the 1 HOUR after your procedure. There are exceptions if you are up to the restroom or walking in the hallways.

If you received GENERAL ANESTHESIA, there are requirements that you must meet before you will be dismissed. They include:

- Tolerating clear liquids without nausea
- Controlled pain
- Voiding

If you received MONITORED ANESTHESIA CARE (MAC)/IV SEDATION, it is not required for you to empty your bladder before being allowed to be discharged.

When you have met discharge criteria as listed above, your nurse will remove your IV and go over your discharge instructions. Written instructions will also be given to you that will include the side effects of anesthesia to monitor for. Your family member/friend may choose to bring the vehicle to the entrance at this time.

You will be given the opportunity to walk to the vehicle if you feel up to it, otherwise a wheelchair will be available and offered to you for your safety.

After you are discharged, notify your surgeon, or go to the nearest emergency department if:

*You experience chest pain, shortness of breath

- Notice any signs/symptoms of infection, excessive pain, increasing drainage from surgical site(s)
- Experience numbness, tingling or cold fingers or toes (If applicable to your surgical site)
- Have persistent nausea/vomiting, fever lasting over 1 week or temperature higher than 101.4 degrees Fahrenheit

Questions

Call 855-429-7633 Hays Med ONE CALL

References

- Micromedex instructions for Acute Wound
- Perioperative Discharge and Transfer Guidelines, HaysMed policy, 9/30/2020

Visit our website
using this QR code to
access videos about
your procedure.



Discrimination is Against the Law

Hays Medical Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Hays Medical Center does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Hays Medical Center provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

Hays Medical Center provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, contact the Director of Clinical Care Coordination at 785.623.5297, or the Operator at 785.623.5000.

If you believe that Hays Medical Center has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

Chief Legal Officer
 Hays Medical Center
 2220 Canterbury Drive
 Hays, Kansas 67601
 Telephone Number: 785.650.2759
 TTY/TDD or State Relay Number: 800.766.3777 (V/T); or Dial 711
 Fax: 785.623.5524
 Email: joannah.applequist@haysmed.com

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Joannah Applequist, Chief Legal Officer, is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services
 200 Independence Avenue, SW
 Room 509F, HHH Building
 Washington, D.C. 20201
 1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

ATTENTION: If you speak a language other than English, language assistance services are available to you free of charge. Call 1-855-429-7633 (TTY: 1-800-766-3777).

SPANISH

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-429-7633 (TTY: 1-800-766-3777).

VIETNAMESE

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-855-429-7633 (TTY: 1-800-766-3777).

CHINESE

注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電1-855-429-7633 (TTY: 1-800-766-3777)。

GERMAN

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-855-429-7633 (TTY: 1-800-766-3777).

KOREAN

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-855-429-7633 (TTY: 1-800-766-3777) 번으로 전화해 주십시오.

LAOTIAN

ໂປດຊາບ: ຖ້າວ່າທ່ານເວົ້າພາສາລາວ, ການບໍລິການຊ່ວຍເຫຼືອສູນພາສາ, ໂດຍບໍ່ເສັຽຄ່າ, ຄວນມີໜ້ອມໃຫ້ທ່ານ. ໂທ 1-855-429-7633 (TTY: 1-800-766-3777).

ARABIC

ملاحظة: بالمجان لك تتوافر اللغوية المساعدة خدمات فإن، اللغة اذكر تحدثت كنت إذا: ملحوظة 1-855-429-7633 (TTY: 1-800-766-3777).

TAGALOG

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-855-429-7633 (TTY: 1-800-766-3777)

BURMESE

သတိပြုရန် - အကယ်၍ သင်သည် မြန်မာစကား ကို ပြောပါက၊ ဘာသာစကား အကူအညီ၊ အခမဲ့၊ သင့်အတွက် စီစဉ်ဆောင်ရွက်ပေးပါမည်။
 ဖုန်းနံပါတ် 1-855-429-7633 (TTY: 1-800-766-3777) သို့ ခေါ်ဆိုပါ။

FRENCH

ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-855-429-7633 (TTY: 1-800-766-3777).

JAPANESE

注意事項: 日本語を話される場合、無料の言語支援をご利用いただけます1-855-429-7633 (TTY: 1-800-766-3777)まで、お電話にてご連絡ください。

RUSSIAN

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-855-429-7633 (телетайп: 1-800-766-3777).

HMONG

LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1-855-429-7633 (TTY: 1-800-766-3777).

PERSIAN (FARSI)

توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با (TTY: 1-800-766-3777) 1-855-429-7633 تماس بگیرید.

SWAHILI

KUMBUKA: Ikiwa unazunguma Kiswahili, unaweza kupata, huduma za lugha, bila malipo. Piga simu 1-855-429-7633 (TTY: 1-800-766-3777).

