

## RECOVERY & DISCHARGE

After your surgery, you will return to the post-operative area. There, your nurse will care for you, observing and monitoring your recovery. We will try to make you as comfortable as possible in preparation for your return home. Although you may have some pain/discomfort at discharge, we will do our best to help you manage that pain. If your pain is worse than you expected, please let the nurses know.

*If you are having spinal surgery and have a back brace, please bring this with you.*

For some people, nausea and vomiting can be an issue. This can be worse following certain surgeries and in those who get motion sickness. Some nausea can be expected after general anesthesia, but we will work with your anesthesia doctor to keep this nausea to a minimum with medication. Please tell your nurse if you have had problems like this in the past or suffer from motion sickness, as this can increase the chance of nausea and vomiting.

### DISCHARGE

Once you are awake, comfortable and medically stable, your family member/friend will join you. It is important to have a responsible adult with you to hear the discharge instructions. Due to the anesthesia medications, you may not remember much of what is said.

### QUESTION FOR YOUR DOCTOR

Many of these questions will be covered by the discharge instructions, but it is still a good idea for you or your family member/friend to ask your physician about things such as:

- Diet
- Medications
- Pain
- Returning to work
- Lifting Objects
- Physical Activity
- \* Dressings
- Follow-up visits
- Showering/Bathing

A member of the nursing staff will call you within a few days following your surgery/procedure to check on your progress. You will receive a satisfaction survey via email or in paper format; we urge you to complete this survey, giving honest feedback to help us improve our services.

**If you have any further questions, please feel free to call us at 734-729-7960.**