



## ***General Overview - Day of Surgery Expectations***

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To ensure that you are well prepared and informed about your upcoming surgery, the following are some details on what you can expect the day of:

- Anesthesia will meet with you prior to your procedure to review your medical history and provide you any additional instructions.
- Most patients spend approximately 30 minutes to 1 hour in the recovery room following their procedure. In some cases, it may be longer depending on how your body responds to the anesthesia. The nurses and anesthesiologist will ensure that you are stable and comfortable before you are discharged.
- The VUSC staff will review discharge and follow-up instructions with you and your accompanying adult.
- It is common for you to feel nauseated or lightheaded for 12 – 24 hours following your procedure. However, if after this time period you are still nauseated or experience any other reactions, then contact our office at (804)330-9105 for additional instructions.
- You are unable to drive a car or operate heavy machinery 24 hours after your surgery or while you are taking any pain medications.
- Please consult with your physician prior to your procedure on when you can return to work or resume your normal daily activities.
- To avoid nausea and/or vomiting, avoid eating greasy, spicy or fried foods immediately after your surgery. Also, follow instructions on taking antibiotics or pain medications with food.
- To ensure you are recovering well from your procedure, a VUSC nurse will call you for a postoperative follow up.