



PosadaSurgery.com

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After Your Surgery

Your immediate recovery will take place in the center's recovery room, where your anesthesiologist and nurses will monitor your condition. As soon as you feel able, you may invite one adult visitor into the recovery room.

Make sure you have a responsible adult drive you home, and that someone can care for you for the first 24 hours after surgery.

In addition, it's very important for you to follow the **Discharge Instructions**, which you will receive after your surgery. This sheet outlines such information as follow-up appointments, medication, diet, wound dressing, activity level, and when to contact your doctor.

Recovering at Home

Do not try to take on too much after you have surgery. After all, recovery takes time, so schedule some rest and enlist help from a family member or friend.

In addition to following the **Discharge Instructions** you will receive, keep these guidelines in mind for at least 24 hours following surgery:

- Call your surgeon if any unusual symptoms develop or you experience any changes in your condition.
- Take only medications prescribed by your doctor.
- Do not drink alcohol.
- Do not drive or operate machinery or heavy equipment.
- We recommend avoiding making any major decisions or signing any legal documents.
- Please see the discharge instructions for specific information on medication, diet and activity after your surgery.

Because we want to ensure your safety, a nurse from the center will call you the day following your surgery. He or she will check on your condition and answer your questions.

A patient survey will be sent to you following your surgery to get your feedback on your experience with Posada. It's important to us to know how to serve you better.