

Canton-Potsdam Hospital  
Surgical Services

Personal Recovery Plan: Instructions for Before, During, and Immediately After Your Surgery

<b>Pre-Admission</b>	<b>Admission</b>	<b>Pre-Surgery Period</b>	<b>Operating Room</b>	<b>Post-Surgery Period</b>
<ul style="list-style-type: none"> <li>• Complete pre-surgery testing (lab, x-ray, cardiology) as instructed by your surgeon’s office.</li> <li>• Have your physical exam as instructed by the surgeon’s office.</li> <li>• Fill prescriptions needed after surgery and leave these at home.</li> <li>• Contact your surgeon if your condition changes (cold, flu, etc.). Also contact CPH Surgery Services.</li> </ul>	<ul style="list-style-type: none"> <li>• Bathe/shower before your surgery or use pre-surgery wipes if provided.</li> <li>• Brush your teeth (do not swallow water). Do not wear jewelry, watches, etc., or makeup. Leave valuables at home.</li> <li>• Wear loose-fitting clothes (button-front top for head, facial, or shoulder surgery).</li> <li>• Take your heart and/or blood pressure seizure medicine with a sip of water in the morning.</li> <li>• Please bring your glasses, contacts, hearing aid, dentures (with cases), insurance card and driver’s license.</li> <li>• Please bring your advance directive, living will, or other guardian or conservator documents.</li> <li>• Check in at the Information window on the first floor</li> </ul>	<ul style="list-style-type: none"> <li>• Your nurse will explain the preparation process, complete some procedures, and ask for some information.</li> <li>• You will be asked to sign some consent forms.</li> <li>• You will need to change into a surgical gown.</li> <li>• Your anesthesiologist will talk to you before your surgery (if required for your procedure).</li> <li>• Your surgeon may visit you in this area; if you wish to speak to him/her, let the nurse know.</li> <li>• Please ask questions to any member of the team.</li> <li>• Up to two visitors may stay with you in this period.</li> <li>• You will be moved to the operating room on a stretcher.</li> </ul>	<ul style="list-style-type: none"> <li>• Rooms are kept cool on purpose.</li> <li>• Warm blankets are available; ask for one if you feel cold.</li> <li>• Equipment will be used to check your body systems (pulse, blood pressure, breathing), or will be used during the surgery.</li> <li>• There will be a professional staff person with you at all times during your surgery.</li> </ul>	<ul style="list-style-type: none"> <li>• As you recover, you may notice bright lights and much activity.</li> <li>• You may also notice pain. This is an expected part of your recovery. Your nurse will ask you to rate your pain and medication may be given as ordered by your doctor.</li> <li>• Spoken and written instructions will be given to you and to the support person taking you home.</li> <li>• If you had general anesthesia, you may be a little sleepy; go directly home when you have been discharged and rest in your own comfortable surroundings.</li> <li>• You may need assistance the first time you get up and move around.</li> <li>• For your own safety, you must have someone drive you home and stay with you 24 hours after your surgery.</li> </ul>

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Personal Recovery Plan: Home Care Instructions

Typical Day	Signs and Symptoms to Report to Your Doctor	Activity & Nutrition	Follow-up Information	Managing Pain
<ul style="list-style-type: none"> <li>• With general anesthesia, you may be groggy or sleepy. Anesthesia sometimes causes temporary amnesia (loss of memory) to happen.</li> <li>• Follow your surgeon’s instructions regarding your dressings: generally, keep them clean; do not allow pets to rest on your dressings; do not swim or let sand/dirt get on your dressings.</li> <li>• You may feel nauseous or you may vomit.</li> </ul>	<ul style="list-style-type: none"> <li>• Excessive drainage from the surgical area; seems excessively swollen or inflamed/discolored.</li> <li>• If pain medication is not effective.</li> <li>• If you have a temperature of greater than 101 degrees.</li> <li>• Call your doctor’s office if you have any questions or problems.</li> </ul>	<ul style="list-style-type: none"> <li>• On the first day following your surgery, get plenty of rest.</li> <li>• For your safety, have someone readily available to assist you.</li> <li>• Follow activity limitations as directed by your surgeon.</li> <li>• Maintain rest periods, but introduce activity as you are able and as directed by your surgeon. Do not lie still for long periods of time except to sleep overnight.</li> <li>• Increase your food intake and variety as tolerated.</li> <li>• Eat well-balanced meals and drink lots of fluids.</li> </ul>	<ul style="list-style-type: none"> <li>• Make an appointment for your follow-up visit as indicated on your discharge instructions sheet.</li> <li>• You will receive a follow-up call from Surgical Services 24-48 hours post-surgery. This is an opportunity to clarify any questions regarding your progress.</li> <li>• You may receive a survey in the mail. Please fill out the survey, noting any improvements we can make to our services. We appreciate your feedback and take it very seriously. We hope you will feel able to rate your experience as “very good.”</li> </ul>	<ul style="list-style-type: none"> <li>• Remember it is normal to have some pain or discomfort after surgery.</li> <li>• Take your pain medication with food as prescribed. You may have to take it regularly for the first day or so to promote your comfort and help carry on activities at home.</li> <li>• Being comfortable helps you move with ease.</li> <li>• Avoid taking alcohol when taking pain medication.</li> <li>• Avoid driving while taking pain medication.</li> </ul>