

PHYSICIANS SURGICAL CENTER POST-OP QUICK REFERENCE

1. Nausea and vomiting

- a. It is recommended that you SLOWLY progress to a regular diet after anesthesia or sedation. Start with liquids in small amounts. Sometimes a small amount of a sweet beverage can help such as Gatorade or ginger ale. Avoid too much carbonation and acidic juices such as orange or grapefruit juice. As liquids are tolerated you can progress to a light diet such as crackers, toast, broth or Jell-O.
- b. Movement can make nausea worse – try to lay still and rest.
- c. Dehydration can make nausea worse. Try to drink enough fluid that your urine is light yellow or clear – unless you have been told that you should restrict fluids.
- d. Pain can actually lead to nausea and vomiting. Take pain medication as prescribed. It is often helpful to take the medication with a light snack such as toast or crackers.
- e. Nausea should improve in a couple of hours.
- f. Call your doctor if your nausea and vomiting gets worse, you are unable to drink fluids, you have dry eyes or a dry mouth (signs of dehydration), pain medication is not working, you are dizzy or light – headed. If you or a family member feels that you are in serious medical trouble – **call 9-1-1.**

2. Signs and symptoms of infection – call the doctor immediately for the following:

- a. Excessive swelling of or around the wound area
- b. Redness
- c. Temperature of 100.4 degrees F or higher.
- d. Pain that is not resolved by taking pain medication as directed.

3. Observe the operative area for signs of excessive bleeding

- a. Excessive bleeding is defined as a dressing completely saturated with blood or active bright red bleeding. In some cases some bleeding is expected – your doctor will tell you what to expect.
- b. Some procedures are extremely low risk for bleeding such as a pain management injection or a cataract surgery
- c. If there is a small amount of bleeding on the dressing place another dressing over top to reinforce it.
- d. If you have any bleeding concerns call your doctor immediately.

4.) Please contact your physician at the number listed below:

***PLEASE BE ON THE LOOK OUT FOR A SURVEY IN YOUR E-MAIL
FROM SPH ANALYTICS AND LET US KNOW HOW WE DID**

**IF YOU RECEIVED EXCELLENT SERVICE FROM A STAFF MEMBER PLEASE GIVE US A
CALL AND LET US KNOW ABOUT IT AT (717)272-0007 OR E-MAIL**

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