

SURGERY INFORMATION

Having surgery and anesthesia affects other parts of your body in addition to the surgical site.

Medications may make your breathing slow and shallow, allowing normal fluids to collect. Inactivity also contributes to lung congestion as well as sluggish circulation and constipation.

The following exercises speed up recovery and help prevent pneumonia, blood clots, and other complications. You will be expected to do them several times each hour while awake.

DEEP BREATHING

Deep breathing helps rid your body of anesthesia gases and prevents fluid buildup in the lungs.

- Breathe in as deeply as you can
- Hold your breath for 5-10 counts
- Repeat 4-5 times every hour while awake and continue for several days after your surgery.

COUGHING

Coughing helps clear fluid from the lungs.

- If your surgery was on your abdomen or chest it may help to hold a pillow firmly over the incision for support. The sutures are strong and will not break from these coughing exercises.
- Breathe in deeply
- Cough deeply from the stomach area, not just clearing your throat
- Cough 2-3 times to loosen mucous and bring it up so you are able to spit it out
- Repeat 4-5 times every hour while awake and continue for several days after your surgery.

OUTPATIENT SURGERY – Planning for Discharge

- It is routine and expected that you go home the same day as your surgery
- You **MUST** arrange for transportation home following your surgery. We prefer for children to have 2 adults to accompany them home
- **Insurance companies will not pay for extended hospitalization due to transportation problems, lodging problems (no matter how far away you live), or insufficient help at home**
- If you choose to remain in the hospital for any of the above reasons after your doctor has given you permission to go home, you will be responsible for paying any additional expenses
- If it is medically necessary for you to stay beyond the usual recovery time, you will either remain in an Extended Recovery area or be transferred to a hospital room until you are stable for discharge. This can occur at any time up until midnight or even the next morning
- You will still be considered an “outpatient” even if you spend the night
- Your insurance company will handle the bill as usual as long as the stay is medically necessary.