



Surgery Recover Expectations

PATIENT REFERENCE GUIDE

TIMELINE

The typical duration of a surgical stay at Proliance Highlands Surgery Center is approximately four hours. The day of surgery includes the following four phases:

- **Preoperative:** 45 minutes to 1.5 hours
- **Surgical Procedure:** Duration varies depending on the type of surgery
- **Phase I Recovery:** 30 minutes
- **Phase II Recovery:** 30 minutes

COMMON SIDE EFFECTS

Common side effects of general anesthesia include:

- Nausea
- Vomiting
- Sore throat or hoarse voice
- Itchiness or dizziness
- Sleepiness
- Shivering or chills

Anesthesia can remain in your system for up to 24 hours. At the time of discharge, you may still experience some of these side effects, but you will be safe to go home.

Depending on the type of surgery, you may also experience the following procedure-related sensations:

Ear, Nose, and Throat (ENT)

- Facial burning or headache
- Bleeding or drainage
- Loss of taste or smell
- Achy teeth
- Stiffness or soreness around the lips
- Facial bruising or swelling

Orthopedics

- Moderate pain
- Numbness, heaviness, or tingling in limbs (due to nerve block or local anesthesia)
- Pink-tinged drainage
- Swelling or bruising
- Deep aching or throbbing

Continue to the next page for additional information.

It is completely normal to feel anxious about pain after surgery. Surgery places physical stress on the body, so you should expect to experience some level of postoperative pain. The duration and intensity of pain vary from person to person and depend largely on the type of surgery performed.

The goal of pain management after surgery is to keep your discomfort at a manageable level—enough that you can still participate in important recovery activities such as prescribed exercises, physical therapy, and getting adequate rest.

On the first day after surgery, your pain may be minimal due to the pain management techniques administered at the surgery center. As these wear off, you may notice an initial increase in discomfort. This is normal. Pain can be managed in various ways, including ice, elevation, and non-opioid pain medications approved by your surgeon. Opioids may also be included in your treatment plan if necessary.

VISITATION

Visitors to the Post-Anesthesia Care Unit (PACU) are limited to one family member at a time, except for pediatric patients. Children under the age of 18 are not permitted to visit the PACU due to space limitations and safety concerns. To accommodate families with ineligible visitors, discharge education will be provided by the PACU nurse over the phone.

PATIENT-CENTERED CARE

Our staff is dedicated to ensuring that patients receive comprehensive pre-operative and post-operative care instructions to support a successful recovery. At Proliance Highlands Surgery Center, our goal is to empower patients with accurate information and encourage informed decisions throughout their healthcare journey.

Scan the QR code below to watch a patient education video.



Visit our website to learn more:
ProlianceSurgeons.com/Highlands-Surgery-Center

