

Other Symptoms to Look For

As with any procedure, there is always a risk of complications. Please call your doctor or nurse *immediately* if you experience the following symptoms:

- Bleeding that is not controlled by applying pressure for 5 minutes.
- Chest pain
- Vomiting blood or something that looks like coffee grounds.
- Severe headache
- Dark yellow colored urine or not needing to urinate for more than 5 hours (these are signs of dehydration.)

Who to Call

Surgeons' Office

(207) 834-3060

Surgical Services

(207) 834-1674

Northern Maine Medical Center

(207) 834-3155 (switchboard)

Follow Up Phone Call

It is important to your care team that you continue to do well once you return home. A staff person will be calling you a few days after your procedure to make sure you are recovering well and to answer any questions you might have.

Thank you for choosing Northern Maine Medical Center.

Your feedback is important to us. You may receive a survey in the mail. Please take a few moments to complete it. Your opinion matters!



NMMC Same Day Surgery Discharge and Recovery



What to Expect After Your Procedure

Members of your care team will make sure you are recovering well from your procedure.

Once you are stable, you will be returning home and you will need to pay attention to signs and symptoms as well as follow your discharge instructions.

Here is what you can expect and what you can do if any of the following symptoms occur.

Signs of Infection

Infection does not usually happen since we take many precautions during the surgery to prevent an infection.

Unfortunately, despite our best efforts, sometimes an infection can still occur. It is important to call your provider *immediately* if you show any of these signs of infection:

- Fever higher than 101 degrees F.
- Swelling, heat or redness to the site of surgery.

Pain Management

It is very common to have pain after any surgical procedure. Your doctor will tell you what kind of pain to expect, however, this may be different for everyone.

After a minor operation, you might feel fine after a few hours. After a major surgery, you may experience pain for a few days afterwards.

- Your doctor or nurse will work with you to make sure your pain is treated properly.
- Treating the surgical site with ice for 10 minutes at a time will help relieve pain.
- It is important to take your pain medications exactly the way the doctor or nurse tells you to. Taking too much of any medication can be dangerous.
- Most times, over the counter medications such as Tylenol or

Nausea/Vomiting

It is very common to experience nausea and/or vomiting as a result of the anesthesia. Here are some things you can do to ease these symptoms:

- Take medications your doctor prescribes to you to prevent nausea and vomiting, even if you feel fine.
- Drink plenty of fluids so that you don't get dehydrated.
- Eat 5 to 6 small meals instead of 3 big ones, especially if you feel queasy.
- Avoid foods that are spicy, greasy or "heavy." Instead, eat foods that are bland, such as crackers, rice and toast. Other good food choices are soup broths, clear soda, tea, chicken (boiled or baked), oatmeal and popsicles.
- Eat and drink slowly.