

AFTER YOUR SURGERY

Your First Night Home

What's normal tonight - and the few things worth a call.

You're home, and the hardest part is behind you.

Tonight, your only job is to rest. Be gentle with yourself.

What's normal

Feeling groggy, foggy, or sore as the anesthesia wears off - and feeling unexpectedly emotional or weepy. That's the medicine and adrenaline leaving your system, not a setback. Most people feel more like themselves by morning.

Keep it gentle

Have someone stay with you. Sip fluids and eat something light when you're ready. Lie down and let yourself sleep.

Your medications

Take your pain medicine exactly as your team directed - never more than prescribed - and restart your other medications only when they tell you to.

Do call for

A fever, bleeding that won't stop, pain getting worse instead of better, or trouble breathing. Call your team - and 911 for an emergency.

Rest easy

You don't have to judge how the night goes. Healing is happening while you sleep.

Not sure about something? Call your recovery team

Your facility's care team

Your Surgery Center · Patient education for surgery.
Educational information only, not personal medical advice.
Always follow the specific instructions from your care team.