

AFTER YOUR SURGERY

Going Home & Recovery

What to expect the first day — rest, eating, your incision, and getting back to normal.

24 hrs

Have someone with you

Drowsiness, dizziness, and nausea are normal at first.

Go slow

Ease back to normal

Light foods first, gentle activity, no rushing.

Recovery is a ramp, not a switch — **rest today, and let your body set the pace.**

Rest today

Anesthesia can affect your judgment and coordination. **No driving, work, or important decisions for 24 hours.** Sleep it off and take it easy.

Eating & drinking

Start with **clear liquids** and light foods, then return to your normal diet as your stomach allows. Mild nausea is common and usually passes.

Comfort & pain

Some discomfort is expected. **Take pain medicine only as your team directs** — never more than prescribed. Ice and acetaminophen may help if your team approves.

Your incision

Keep it **clean and dry**, and follow your team's instructions on showering and dressing changes. Some bruising and swelling is normal.

Easing back in

Avoid **heavy lifting, hard exercise, and driving** until your team clears you. **Restart your medications only when told** — especially blood thinners.

When to call

Fever, growing pain, redness or drainage, bleeding, or trouble breathing? Call your team. For an emergency, call 911.

Recovery questions? Call your surgical 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.