

**Dr. Howard K. Berg**

## **AMBULATORY SURGERY PATIENT INFORMATION SHEET**

You will be scheduled for an ambulatory surgical procedure. This is a procedure that typically lasts for an hour or less in the operating room. In most cases the anesthesia administered is intravenous sedation by the anesthesiologist. This will put you into a light sleep, so that local anesthesia can be given by the surgeon. In this way you will not experience pain or remember the procedure, but will wake up rapidly at the conclusion of the procedure. Occasionally, if the procedure is felt to be more complicated, you may receive general anesthesia. Your doctor will review your postoperative instructions with you in the pre-operative holding area, while you are awake.

### **AFTER THE PROCEDURE**

Once the procedure is completed, you will be taken to a recovery area, where you will remain for about one hour. You will be awake during this period, and the nurses will be monitoring your blood pressure, pulse and the oxygen level of your blood. Remember to have plans for someone to take you home from the hospital, since you will be unable to drive for 18 hours following anesthesia.

### **AT HOME**

Patients tend to have better postoperative results when they have good pain control. For that reason, we have been using a long acting local anesthetic, that typically lasts for about 3 days. Additionally, we have found that when using multiple pain medications that each work by a different mechanism, patients tend to have less post op discomfort. It is recommended that on your way home from the hospital, you pick up your prescription for pain medication. Take your first pill as soon as you get home. During the first 24 hours, if possible, place crushed ice in a plastic bag and hold it on the surgical wound. This should be for about 15-20 minutes on the wound and the same amount of time off. This can help give further pain relief, as well as decrease the swelling in the wound. After 24 hours, you can start with warm sitz baths. You should see improvement in overall discomfort with each passing day, requiring less pain medication. If the pain does not improve, please call the office.

#### **Remember:**

1. Please review all materials given to you prior to surgery. If any questions arise, feel free to call the office for further explanation.
2. Remember to stop any blood thinning agents, such as Aspirin, Motrin or related products, or Coumadin, five days prior to surgery.
3. Do Not Eat or Drink anything After Midnight the Night Before. Medications can be taken on the morning of surgery with a sip of water.
4. Please try to follow the postoperative instructions as closely as possible, as these will aid in keeping postoperative recovery time to a minimum.