

Post Op Instructions

Annapolis ENT Surgical Center is committed to ensuring that your postoperative experience is as comfortable as possible. Please do not hesitate to call the center during normal business hours for any questions after recovery. The following information will help you understand some of the common experiences that may occur after your surgery.

What should I expect immediately after surgery?

You will be moved to our post-anesthesia care unit where you will remain under close observation until you are ready to go home. You may feel a bit groggy, light-headed, dizzy and sometimes slightly nauseated. Each person responds differently to surgery and/or anesthesia.

What specific home instructions should I follow?

You will be given specific instructions regarding your diet, activity, follow-up appointment and medications. In addition, we suggest that you rest for 24 hours after surgery and postpone the following:

- Driving and operating equipment
- Signing important documents
- Making significant decisions
- Drinking alcoholic beverages or taking medications without your physicians' approval

You should expect to receive a post-operative call from a member of our medical team 24 to 72 hours after surgery. During this call, one of our medical staff will review your surgical experience and post-operative care.

Please be sure our office has the best phone number to reach you during your post-operative recovery. Additional backup numbers, like a cell phone, may be helpful. If for some reason you do not receive a call, feel free to call us to discuss your recovery. Please remember that we make these calls on business days, only, so if your surgery was on a Friday, you can expect a call from our office on Monday. Again, you may call us at any time if you have questions or concerns.

When can I resume regular activities?

You may return to normal activity as instructed by your physician based on the surgical procedure you have.

What should I do if I have a problem, question or concern?

If you are experiencing a true, life-threatening emergency, call 911. Call your physician only after you have made arrangements to get to the Emergency Room.