

**ST. JOSEPH HOSPITAL
SURGERY CENTER PERSONAL RECOVERY PLAN**

SPECIALTY INFORMATION: D&C, Hysteroscopy

| PRE-ADMISSION | ADMISSION | PREPARATION AREA | OPERATING ROOM |
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| <p>Arrange for a responsible adult to drive you to the Surgery Center and home again.</p> <p>Arrange for a responsible adult to be with you at home after your surgery.</p> <p>You will be instructed in the Recovery Room as to how long someone will need to be with you at home.</p> <p>Purchase sanitary napkins for use at home after your surgery.</p> | <p>Leave all jewelry, credit cards and money at home.</p> <p>Have your driver park on the 3rd floor of the parking structure.</p> <p>Please check in at the Reception desk and hand in your Anesthesia questionnaire.</p> | <p>You will have a small tube placed in your vein so that fluids can be provided to your body during surgery.</p> | <p>The room is kept cool. Warm blankets are available for you.</p> <p>Equipment in the room will be used to check your body systems (pulse, blood pressure, breathing) or will be needed during your surgery.</p> <p>There will always be a professional staff person with you during surgery.</p> |

ST. JOSEPH HOSPITAL SURGERY CENTER RECOVERY PLAN

SPECIALTY INFORMATION: D&C, Hysteroscopy

| IV FLUIDS | NUTRITION | ACTIVITY | PAIN MANAGEMENT | DISCHARGE PLAN |
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| <p>IMMEDIATE RECOVERY Small tube in your vein with slow running fluid as ordered by your doctor. This will be removed when you are stable.</p> | <p>Ice chips ½ - 1 hour after your arrival in the Recovery area.</p> <p>Clear liquids if no nausea.</p> | <p>Assisted from bed to recliner 45 mins – 1 hour after you arrive in the Recovery area.</p> <p>Assistance to the bathroom.</p> | <p>IV or IM pain medication given based on your pain level (0= no pain to 10 = severe pain) and by doctor's orders</p> | <p>Staff will medicate you for nausea and vomiting based on doctor's orders and your symptoms.</p> <p>Staff will review printed and doctor specific home care instructions with patient and family.</p> <p>You will be discharged when you are stable (about 1-2 hours).</p> |
| <p>HOME CARE</p> <p>FOLLOW YOUR DISCHARGE INSTRUCTIONS</p> <p>In an effort to promote your wellness, St. Joseph Hospital provides Community Education programs. Please call 714-771-8000 ext. 8266 for the current schedule.</p> | <p>Clear liquids (water, apple, cranberry juices, tea), no milk.</p> <p>Add foods as tolerated beginning with small, frequent meals. Avoid greasy/spicy foods.</p> | <p>No heavy lifting.</p> <p>Follow activity instructions from your doctor.</p> <p>No sexual intercourse, tampons, baths or douching until otherwise instructed by your surgeon.</p> | <p>Take your pain medication as instructed by your surgeon.</p> <p>Avoid alcohol and driving while taking pain medication.</p> | <p>Use sanitary napkins instead of tampons.</p> <p>Schedule your post surgery office visit as instructed by your surgeon.</p> <p>Notify your surgeon if you have:</p> <ul style="list-style-type: none"> *increasing pain that is not relived by pain medication *heavy bleeding (sanitary napkin saturated after 1 hour), blood clots. *fever greater than 101 * not urinated 6-10 hours after surgery. *concerns or problems. |