

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

SPECIALTY INFORMATION: SINUSOSCOPY

PRE-ADMISSION	ADMISSION	PREPARATION AREA	OPERATING ROOM
<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>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 the procedure.</p> <p>Nose drops may be given if ordered by your surgeon.</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> <p>Gauze or splints may be placed in your nostril(s) at the end of the surgery.</p>

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IV FLUIDS	NUTRITION	ACTIVITY	PAIN MANAGEMENT	DISCHARGE PLAN
<p>IMMEDIATE RECOVERY</p> <p>Small tube in your vein with slow running fluid as ordered by your doctor.</p> <p>This will be removed when you are stable.</p>	<p>Begin with clear liquids if there is no nausea.</p>	<p>In bed with head of bed elevated.</p> <p>You will be instructed to breathe through your mouth.</p> <p>Your throat may feel numb from medication used during surgery.</p> <p>Up to the recliner chair and the bathroom with assistance.</p>	<p>Pain medication will be given depending on your child's pain level (0 = no pain to 10 = sever pain), symptoms and doctors' orders.</p> <p>Pain medicine by mouth if tolerating fluids and no nausea or vomiting.</p> <p>Ice packs to face as needed and ordered by doctor.</p>	<p>Staff will medicate you for nausea and vomiting based on doctor's orders and your symptoms.</p> <p>Staff will change or reinforce dressings under your nose as needed and ordered by your doctor.</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 ½ to 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>Drink small amounts of liquids at a time to decrease nausea and vomiting.</p> <p>Add foods as tolerated. Avoid greasy, spicy foods. Avoid large meals and hard to chew foods.</p> <p>Use Vaseline on lips and rinse your mouth often.</p>	<p>May walk with assistance especially after taking pain medicine or feeling unsteady.</p> <p>Follow activity instructions from your doctor.</p> <p>Avoid blowing your nose.</p> <p>You will need to breathe through your mouth.</p> <p>Use 2-3 pillows to keep head elevated while resting or a recliner chair.</p>	<p>Take pain medicine regularly every 3-4 hours as needed. Take medicine with crackers or bread.</p> <p>Avoid alcohol and driving while taking pain medication.</p> <p>Use an ice pack if ordered by doctor.</p>	<p>Change or add dressings under your nose as instructed by your doctor (see discharge instructions). Schedule your post-surgery office visit as instructed by your doctor.</p> <p>Notify the surgeon if you have:</p> <ul style="list-style-type: none"> *pain that is not relieved by pain medication. *swelling and/or bruising of the face. *fever greater than 101. *heavy bleeding from the surgery site. *concerns or questions.