



Same-day Surgery for People with Obstructive Sleep Apnea (OSA)

When you have OSA, the soft tissue at the back of your throat relaxes and closes while you sleep, causing you to stop breathing. Your body restarts your breathing by waking you up. Because you have OSA, it is vital that we watch your breathing after surgery to make sure the anesthesia doesn't cause any problems and you are safe to go home.

You will need to stay for a few hours after the last dose of anesthesia is given. Your doctor will decide exactly how much longer you will need to stay based on your health screen before surgery and how the surgery went. For this reason, we cannot tell you exactly how long you will need to stay. Your safety is our number one priority.

During this extra time, you will move through two (2) phases. We must be focused on you during this time, so no one will be allowed to stay with you. We will keep those who come to the hospital with you up-to-date as you move through these two phases.

Please make sure that you bring your CPAP unit and tubing with you inside the hospital. You must clean your unit and tubing within seven days of surgery.

Phase 1:

- **Here, you will wake up from surgery.**
- **You may need to stay in this phase for one hour after you wake up.** We will closely watch your breathing during this time.

Phase 2:

- **Your doctor may decide to keep you in this phase for an extra three (3) hours.**
- **You will sit in a recliner in a darkened room. We want you to fall asleep.** While you are sleeping, we will watch your oxygen levels, heart rate and breathing patterns to make certain you are safe to go home.

At Home:

- **It is vital that you wear your CPAP when sleeping for the first 24 hours after surgery.**
- **You must use your CPAP machine when sleeping as long as you are taking narcotics for pain.** Narcotics can lower your drive to breathe and bring your oxygen down to an unsafe level. Trying non-narcotic medicines to control your pain can help lower your chances of having breathing problems after surgery.
- **Sleep upright for the first 24 hours after surgery.** A recliner is a good choice. If you do not have a recliner, you can put extra pillows under your head, neck and chest so your upper body is higher than your lower body.

Please let those coming with you to the hospital know that you will be here for a few extra hours.

We are here to help. Let us know right away what questions you have.



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