

Discharge Instructions for Patients with Diagnosed Sleep Apnea

For ALL sleep apnea patients:

- ✓ Sleep in a semi-upright position or on your side for the first 24 hours after your surgery. **Don't sleep lying down flat on your back.**
- ✓ **Use only medicines prescribed to you by your doctor.**
- ✓ Do not drink alcohol.
- ✓ Use your dental device for sleep if used before your surgery.
- ✓ If your pain gets worse and you are using more prescribed pain medication, contact your doctor or go to the nearest Emergency Department.

For patients who use CPAP machines:

- ✓ Use your CPAP machine whenever you are sleeping.
- ✓ Use your CPAP machine when you are resting or napping during the day while taking pain medication.

Looking for more health information?

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

www.nshealth.ca

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The information in this handout is for informational and educational purposes only.
The information is not intended to be and does not constitute health care or medical advice.
If you have any questions, please ask your health care provider.