

Obstructive Sleep Apnea and Surgery

If you have obstructive sleep apnea or OSA you are at higher risk for breathing or heart problems after surgery because of the medications used for sedation or for pain.

Here are some simple things you can do before and after your surgery to decrease your risk of breathing and heart problems.

What you can do 1 week before surgery

Plan to have a responsible adult stay with you for at least 24 hours after your return home after surgery. The 24 hours start from when you leave the hospital or clinic.

If you have a Continuous Positive Airway Pressure machine (CPAP machine), check your machine to make sure it is working correctly:

- Make sure you have all the pieces.
- Check nothing is broken.
- Plug in the machine and make sure it turns on.
- Put on the mask and make sure it feels like it is working properly.
- Clean your CPAP machine.

If you are unsure if your machine is working or you have any concerns, go to where you bought the CPAP machine

What you can do the day of your surgery

Bring your CPAP machine and mask or dental device with you to the hospital. Tell your nurse that you have OSA.

Going home after surgery

Have a responsible adult stay with you for the first 24 hours after you are home from your surgery. You cannot be left alone.

Sleeping after surgery

Wear your CPAP every time you sleep day or night for the next 7 days.

If you do not have a CPAP machine, sleep on your side or with your head and upper body on 3-4 pillows. **Do not** sleep on your back.

Taking medication after surgery

Only take pain medication or sleeping medication that was prescribed for you after your surgery by your surgeon.

- **Do not** take more medicine than prescribed.
- **Do not** take pain medicine you have at home, unless your surgeon says you can.
- **Do not** take sleeping medicine for the next 7 days. This includes medicine that you can buy at the store without a prescription.
- **Do not** drink alcohol for the next 72 hours.

How to get help

If you need medical treatment from any health provider (Doctor's Office, Walk in Clinic, Emergency Room) let them know you have OSA and just had surgery.

In an emergency, call 911 or go to the hospital. If you have questions or concerns, contact your doctor or call:

BC Nurse Line

1 866 215-4700 (604) 215-4700

Hearing Impaired: 1 866 889-4700