

SURGICAL PATHWAYS — PULMONARY & SLEEP CARE

Evaluation • Pre-Op • Day-Of • Recovery • Follow-Up

PATHWAY OVERVIEW

- 1 Referral & consult with your pulmonary/sleep team
- 2 Pre-op testing as needed (labs, EKG, imaging)
- 3 Insurance prior auth & scheduling
- 4 Pre-op nurse call and written medication/fasting plan
- 5 Day-of surgery: arrival time, check-in, consent
- 6 Recovery & follow-up visits and results

PRE-OP CHECKLIST

- ✓ ID & insurance; med list & allergies
- ✓ Blood thinners: hold only per plan (e.g., warfarin, apixaban, clopidogrel)
- ✓ Diabetes meds: follow written insulin/pill instructions
- ✓ Fasting (NPO): follow the exact plan given to you
- ✓ Shower with Hibiclens (night before and morning of surgery)
- ✓ Arrange an adult driver for pickup
- ✓ Bring CPAP and mouthguard if you use them
- ✓ Stop smoking/vaping 24–48 h before
- ✓ Complete portal forms & bring your paperwork

PROCEDURE TYPES

- Bronchoscopy
- DISE (drug-induced sleep endoscopy)
- HGNS implant (sleep implant)
- Septoplasty/turbinate reduction
- Nasal airway surgery
- Thoracic procedures (e.g., pleural/mediastinal)

DAY-OF SURGERY

- Arrive at the assigned time with photo ID
- Vitals & IV start
- Meet anesthesia & surgeon
- Operation
- PACU recovery and pain/nausea control
- Discharge with written instructions and prescriptions

Portal & Contact

- Patient Portal: messages, forms, results
- Book Online / Secure Messages: <https://med.tc/vw/?r=ujQcJ3>
- Questions: (480) 835-7111

Recovery & Red Flags

Expected (varies by procedure):

- sore throat/hoarseness;
- mild nasal bleeding or congestion;
- incision soreness /bruising; fatigue.

Red flags — call us or seek emergency care:

- Fever $\geq 101.4^{\circ}\text{F}$ (38.6°C)
- Heavy bleeding or blood clots
- Spreading redness, pus, or worsening pain at incision
- Chest pain or worsening shortness of breath
- Uncontrolled pain, vomiting, dehydration, or fainting
- Device problems (e.g., HGNS) or oxygen issues

Updated: Oct 2025