

# Sleep Apnea and Surgery

Untreated sleep apnea can increase the risk of surgical complications, including uncontrolled blood pressure, heart attack, stroke and critical breathing issues.

## ■ Inform your caregivers:

- Tell your **primary care physician** that you're having surgery so they can update your medical records.
- Tell the **surgical team** that you have sleep apnea so that you'll get appropriate care during and after surgery.
- Share apnea information and discuss concerns with the **anesthesiologist**.
- Inform the **nurse** who interviews you before surgery that you have sleep apnea.

## ■ On the day of surgery:

- Give your machine to the nurse.
- Tell **everyone** on your surgical team that you have sleep apnea and are using PAP therapy.
- Tell the clinical team that you want to use your machine in recovery if you have trouble breathing or with oxygen levels.

## ■ If you're going home after surgery:

- Use your PAP machine. It's extremely important to do this when taking pain medication since some medications can slow down breathing.
- Use the PAP machine whenever you're sleeping, even if napping or sleeping in a recliner.

## ■ If you're admitted to the hospital after surgery:

- Make sure that the ICU staff sends your PAP machine with you to the nursing unit.
- Tell your caregivers on the unit that you want to use your PAP machine while you're in the hospital.
- Make sure the clinical team uses distilled water in the humidifier attached to your PAP machine.



## Sleep Disorders Center Locations

**Bardmoor Medical Arts Building**  
8839 Bryan Dairy Road, Suite 210  
Largo

**Mease Countryside  
Medical Arts Building**  
1840 Mease Drive, Suite 120  
Safety Harbor

**St. Joseph's Women Hospital**  
4321 N. MacDill Ave., 4th floor  
Tampa

