

Please notify your anesthesiologist or nurse if you or your loved one about to have surgery has or does any of the following:

- Memory issues or dementia
- Delirium or has felt agitated or combative after surgery in the past
- Memory loss after surgery
- Drinks two or more alcoholic drinks per day
- Takes medications for depression, anxiety or insomnia

How does Hoag help prevent and treat delirium?

- Identifying patients who are most at risk before surgery
- Using anesthesia that minimizes the impact on thinking and memory
- Changing the room and our care to reduce delirium symptoms when they happen
- Training our care teams on how to treat delirium best
- Consulting with a psychiatrist when needed
- Getting you up and moving as soon as possible after surgery



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Delirium

Frequently Asked Questions



Information in This Guide Includes:

- Risk Factors
- What to Expect

How will surgery and anesthesia impact my memory and thinking?

- After surgery, a patient can feel confused, disoriented or forgetful
- If these symptoms happen after surgery, the medical term is “delirium”
- Delirium can be scary and stressful for patients and families
- Symptoms can last weeks or sometimes months in rare cases
- If you had dementia or cognitive impairments before surgery, delirium may happen faster
- Having delirium may mean you need to stay in the hospital longer
- Most patients return to how their normal thinking and memory was before surgery
- Rarely, there can be long-term effects and symptoms, or dementia

Who is at risk?

If you are or have any of the following, you may be at a greater risk.

- Older than 60-years-old
- Dementia before surgery
- Had a stroke
- Had delirium before
- Drink excessively or use illegal substances
- Hearing or vision difficulties
- Malnourished
- A psychiatric disorder
- A neurologic disorder



What are the symptoms?

These symptoms can come and go after surgery:

- Disoriented or confused
- Difficulty focusing
- Forgetfulness
- Changes in the way you normally sleep
- Feeling sleepy or restless
- Changes in the way you normally talk

In extreme situations:

- Agitation
- Being combative or aggressive
- Feeling very paranoid
- Visual hallucinations
- Complete unawareness of where you are or why you are there

