



Tips for Safer Surgery PREPARING FOR YOUR SURGERY

PREPARING FOR SURGERY

You and your doctor have agreed that you need surgery. To help you understand what to expect during your surgery and recovery period please review the information below.

You may be asked to report to your hospital for a preadmission appointment. Your preadmission appointment may involve lab tests and other tests, and an interview with a nurse and member of the staff prior to your surgery or you may be given a telephone interview with a nurse.

On the day of your surgery you will go to the designated area for your procedure on either 1st, 2nd or 3rd floor. You will be either met in the lobby by the greeter or instructed at the front desk (switchboard) where you are to go.

PRE-OPERATIVE SURGERY

When you arrive in the surgery preparation room, a nurse will take your temperature, blood pressure, and ask about your medical history.

If you have not signed your surgical consent form, you will be asked to do so. Your doctor will be available to answer any questions that you may have.

An anesthesiologist will talk to you on the day of surgery to review your test results and history. This is the time to discuss the type of anesthesia to be used and any other questions or concerns you may have.

An intravenous (IV) line will be started in the pre-operative room. This will be used to replace body fluids lost during surgery and to administer medications for anesthesia.

QUESTIONS OR CONCERNS?

Be sure to speak with our Surgical Services staff or call 315.713.5323 (8am-5pm) or 315.713.5347 (8am-6pm).

THINGS TO REMEMBER BEFORE YOUR SURGERY

- Do not eat, drink (not even water), or chew gum after midnight the day before the surgery. If you have been instructed to take important medications, take no more than two tablespoons of water and no later than two hours before surgery.
- Do not wear makeup, hairpins, contact lenses, watches, or removable jewelry or body piercings.
- You may be asked to remove dentures and other non-permanent items at the hospital.
- Please leave all valuables, including money, watches, jewelry, and credit cards at home. The hospital and staff will not be held responsible for any lost valuables.
- If you are admitted to the hospital after your surgery, you may want to bring the following items:
 - Pajamas or nightgown
 - Robe
 - Slippers
 - Toothbrush, toothpaste, deodorant and other personal toiletries

BEFORE SURGERY

Unexpected changes in the surgical schedule may occur. Your surgery time may be changed on the day of or day before surgery. Sometimes the surgeon has an emergent procedure. This may delay the time of your surgery. Your nurse will communicate with you if this should occur.

During your surgery, your family members will be asked to wait in your room or surgical waiting room.

After you have been taken to the operating room by your nurse, several monitors will be applied to monitor your heart rate and rhythm. Three small sticky patches will be placed on your chest and an automatic blood pressure cuff will be placed on your arm.

PREPARING FOR YOUR SURGERY

RECOVERY

After surgery, regardless of the type of anesthesia that you receive, you may be taken to a recovery area where you will receive continuous care by a trained recovery room nurse. Or you may go back directly to the room where you were prepared for surgery. Your vital signs will be monitored along with any dressing that was applied after surgery.

You may experience blurred vision, dry mouth, chills, and a sore throat. If you experience some discomfort in the area of your surgery, do not hesitate to ask for pain medication. Be sure to report your pain by scale (0 = no pain to 10 = worst pain).

Your family members should be available in the waiting room or in your room before the end of your surgery time so that the surgeon can speak to them. If they need to leave, it is best to do so at the beginning of your surgery to avoid missing the surgeon at the completion of your surgery. Your surgeon will let your family know how you are doing and answer questions, letting them know whether you require hospitalization or whether you will be discharged home.

HOSPITAL OR HOME RECOVERY

Patients requiring admission will be assigned to a hospital room on 2nd floor where hospital personnel will care for you. In some cases women undergoing gynecological or an obstetrical procedure go to the OB floor for their post-operative stay. Some stays may require a stay in the intensive care unit for closer monitoring.

After having surgery, you may require intravenous fluids for a certain period of time. The type of diet that you receive depends on the type of surgery and anesthesia you have.

Deep breathing and coughing, as well as leg exercises, are an important part of your recovery. The nurse will help you do these activities the first time.

Outpatients will be discharged to go home on the day of surgery. Be sure to arrange for transportation to and from the hospital by someone 18 years of age or older. For your safety it is recommended to have someone stay overnight with you at your home after your surgery.

Your family members will be informed by a nurse the approximate time of your discharge to go home, or to be transfer to your room.

Walking is extremely important to your recovery. Please ask for assistance your first time out of bed.

YOUR DISCHARGE FROM THE HOSPITAL

You will be discharged from the hospital when your doctor determines that you no longer require hospitalization. At that time you will be given discharge instructions and answer any questions. Important topics to discuss about your home care are: showering, pain management, stitches and incision care, signs of infection, follow-up visit, and returning to work.

KEY ITEMS TO REMEMBER

- Bring your insurance card.
- Bring any test results pertaining to your surgery that were performed prior to your hospital preadmission visit.
- **Do not** bring medications with you, but you **must** bring a complete list of the medications you are taking.
- If you are a smoker, check with your physician to see if you should stop smoking before your surgery.
- For infant/children bring a favorite toy, bottle, and car seat.

We are committed to providing quality patient care. Our staff of trained professionals are here to meet your physical and emotional needs. Optimal recovery requires your participation and understanding of care.

VISITING POLICIES

Visitors are allowed in pre-surgical area. Only parents and/or guardians of children are allowed in the recovery area.

**For more information about our
Surgical Services Department, visit
www.claxtonhepburn.org/surgery**

