

Your Complete Surgery Checklist

We would like your entire experience to be a pleasant one. And there are a few ways you can help. Please carefully review the following information. For your safety, we may have to cancel your surgery if the guidelines are not met.

PREPARATION

Before surgery you'll meet with your doctor, discuss risks and benefits, pre-register and complete necessary tests and procedures. This is a great time for you to talk with us about your concerns. We will do everything we can to get your questions answered and clarify anything you'd like.

To prepare you for surgery, a pre-surgical nurse may meet with you or contact you by phone to gather health information and cover pain management. This is your Pre-Admission Testing Appointment.

At this appointment, you may be asked to have some routine tests and procedures to make sure you are safe to have surgery. Routine tests could include blood and urine tests, an EKG for heart analysis and a chest X-ray. If you have had recent tests, let the pre-surgical nurse know.

What you do before your surgery can increase your comfort and decrease your stress after the surgery.

PRE-SURGERY STEPS

- Verify your surgery with your insurance.
- Quit smoking or at least cut down before surgery.
- Stop drinking alcohol at least 24 hours before surgery.
- Advise the pre-surgical nurse of any illegal drug use.
- Ask your doctor about taking any medications (including herbal supplements) before surgery.
- Arrange for rides to and from home. If you are having an outpatient procedure, you can go home as soon as you recover, but for your safety, we cannot allow you to drive yourself home.
- If you get a fever, cold or rash, call your doctor. For your safety, we may need to move your surgery to another date.
- Plan for post-surgery needs such as transportation, home care or skilled care.
- Make changes in your home to make your post-surgery life as simple as possible. For example, if your doctor would like you to avoid stairs, you may want to make up your bed on the first floor.
- Prepare food ahead of time and freeze, or buy pre-made meals so you can limit the amount of work you have to do after surgery.
- Arrange for friends or relatives to check in on you after surgery. And let them help you! Often, we try not to burden. But your friends and family can be a great help to you after surgery.
- Verify your hospital check-in time with your doctor's office.
- Do not wax 48 hours before surgery.

SURGERY DAY

- Shower or bathe with antibacterial soap.
- After your shower or bath, do not apply deodorant, makeup, lipstick, nail polish, acrylic nails, lotions, powders, cologne or hair products.
- Remove all piercings and contact lenses if applicable.
- Wear comfortable, loose clothing and slip-on shoes.
- Leave valuables, such as jewelry (including wedding rings), cash and credit cards at home.
- Only take medications directed by your doctor with just a sip of water.
- For children, we suggest bringing a favorite blanket, toy or sippy cup to make them feel more comfortable while in the hospital.



WHAT TO BRING FOR OVERNIGHT SURGERY

- Surgery folder, insurance/prescription cards and photo ID
- A parent or legal guardian if patient is younger than age 18
- A list of medications that identifies dosage and frequency
- Overnight clothes (if necessary), such as a robe and slippers
- A case with your name on it for personal items you may need to remove, such as dentures, glasses or contact lenses
- A copy of your advance directive. An advance directive is a written statement that clarifies the medical treatment you would choose if you later become unable to communicate. Your advance directive also can name the person you wish to make medical decisions for you if you become unable to make those decisions.
- CPAP, inhalers and eye drops
- Crutches, walkers, slings or braces, as instructed by your doctor
- You are welcome to bring your own toiletry items and overnight clothes (if necessary), such as a robe and slippers

WHAT TO DO FOR SAME-DAY PROCEDURES/PATIENTS DISCHARGING THE SAME DAY

- Bring surgery folder, insurance/prescription cards and photo ID.
- You can expect to leave the hospital 1-2 hours after your surgery is completed, depending on your symptoms and pain control, or as directed by your physician.
- Bring crutches, walkers, slings or braces, as instructed by your doctor.
- Your nurse will share the criteria the surgeon has set up for you to be discharged. In most cases, your next surgeon visit will be at your follow-up appointment.
- Your nurse will review your written instructions and give you a copy to take home. If you have questions about these materials when you get home, please call and we will be happy to help explain or clarify.
- If your physician orders medication to be taken at home, you can pick them up at the outpatient pharmacy (3rd level of the hospital). We are happy to help you with this.

When you arrive, you'll sign insurance release forms and an admission consent form if you haven't done so already. If you are a minor, your parent or guardian will fill these out. To protect your confidentiality and privacy, your friends and family will be asked to briefly wait outside the room.

A team member will guide you to a surgery preparation area where you'll be able to change into a hospital gown and remove any glasses, hearing aids or dentures.

A team member will go over your health history and have you sign your surgical consent. An intravenous line will be started, except in local procedures. Once you are settled in to your admitting room, your friends and family can visit with you. At this time, you will also meet an anesthesia provider to discuss your anesthesia.

YOUR HEALTH CARE TEAM

A team of trained professionals staffs the surgical suite or operating room (OR). Your surgeon heads the team, often assisted by a surgical assistant. A surgical technician sets up the instruments needed for surgery and assists in surgery. A circulating nurse is charged with your care and ensures sterile procedures are used.

A member of the health care team will take you to the surgical suite. Your blood pressure, heart function and oxygen level in your blood will be monitored. At this time, the anesthesia provider will administer anesthesia during your procedure.