

Welcome to Clay County Hospital Surgical Services!

Your surgeon has arranged for your surgery to be performed at
Clay County Hospital Surgical Services Department

Report to Surgery Waiting at _____ on _____.

Your surgery will be at approximately _____.

You will probably go home around _____.

DO NOT EAT OR DRINK ANYTHING AFTER (as instructed):

_____ Midnight before surgery OR _____ AM day of surgery.

Medications to take the AM of surgery with a small sip of water:

Having Outpatient Surgery

You are scheduled to have **outpatient surgery** (also called **same-day** or **ambulatory surgery**). This means you will go home the same day of your surgery. This may save you time and money. The following information may help to answer some questions for you.

WEEKS OR DAYS BEFORE YOUR SURGERY

The doctor who will do your surgery or your family doctor will do an exam and ask you questions about your health. Please tell your doctor if you take **any medications, vitamins, herbal preparations, diet pills or supplements (please bring the medications or a list of these medications with you when you pre-register for surgery)**. This will include inhalers, insulin and over the counter medications such as aspirin or ibuprofen. Ask if you should stop taking them before surgery and when you should resume them after surgery.

You will be asked to call and/or visit the Surgery Department for a pre-op visit. A nurse will explain what will happen the day of surgery, complete a health questionnaire with you and discuss plans for when you go home after your surgery. Please bring the **surgery folder you received from the doctor's office, a list of **current medications with dosages** and any medical test results you may have (i.e. lab work or EKG).**

You will also be instructed about when to stop eating or drinking. It is **very important** to follow these instructions.

You will also complete the registration process; therefore, please bring your **insurance or Medicare card**.

Please call the surgery department (618) 662-1638, or notify your doctor as soon as possible if you are unable to keep your appointment for your surgery. Please notify your doctor if you develop a cold, fever, sore throat, diarrhea or other health problems. For your safety, and the safety of other patients, you may have to have your surgery postponed.

Please take the time to review all the information in your surgery folder.

INSTRUCTIONS FOR THE PATIENT RECEIVING ANESTHESIA

Please understand that if you do not follow these instructions your surgery may be delayed, postponed or you may compromise your safety.

DO NOT EAT OR DRINK ANYTHING AS STATED ON THE FRONT PAGE.

- **Except those medications you are instructed to take with a small sip of water**
- If you are **diabetic** and require insulin injections, you will be instructed during your pre-op interview on the amount of insulin (if any) to take the day of surgery.
- If you take **blood pressure medicines or any heart medications**, take your morning doses with a sip of water.
- If you wear a **nitroglycerin or blood pressure patch**, apply it as usual on the morning of surgery.
- If you take **blood thinners (Coumadin, Heparin, Aspirin or Plavix)**, please ask your doctor for specific instructions regarding these medications prior to surgery.
- If you have **artificial heart valves or mitral valve prolapsed**, please take any antibiotics if prescribed by your doctor prior to surgery.
- If you suffer from a **seizure disorder**, be sure to take your usual dose of anticonvulsant medicine on the morning of surgery with a sip of water.

You will be given an intravenous (IV) line for fluids and medications.

If you develop a productive cough, fever/chills, flu or vomiting call your doctor's office.

Anesthesia

Anesthesia is medication to keep you from feeling pain during your surgery. If your surgery is minor, you may need only **local anesthesia** to numb the surgery site. For other surgeries the anesthesiologist will ask about your medical history and explain your anesthesia which may include:

- **Regional Anesthesia:** numbs one region of your body. For example: Bier block or Spinal block
- **Intravenous Sedation:** will make you drowsy or lightly asleep
- **General Anesthesia:** will put you completely asleep

Preparing for Surgery

- Please arrive at your scheduled time.
- If you smoke, please smoke less or stop smoking until after surgery. **DO NOT SMOKE THE DAY OF SURGERY.**
- Shower and shampoo your hair the day of surgery.
- Arrange to have an adult drive you home after surgery.
- Remain NPO (nothing by mouth) as instructed. This includes water, chewing tobacco and gum. You can brush your teeth or rinse your mouth; but, don't swallow any water. ***Your surgery may be cancelled if you eat or drink.***
- Please leave all valuables including credit cards and large sums of money at home. We cannot assume responsibility for lost valuables.
- If you will be using crutches or any other special equipment after surgery, **please bring these items with you.**
- Wear comfortable, loose-fitting clothes. Do not wear makeup, hairspray, perfume or lotion on your body. Bring a container for your contact lenses or eyeglasses.
- Please wear your hearing aid if you use one.
- Do not wear nail polish or artificial nails if you are having hand surgery. Do not wear toenail polish if you are having foot surgery.
- Do not wear jewelry (including rings). ***Remove any body jewelry. This includes jewelry of body piercing, tongue piercings and/or plugs. Removing all jewelry is for your safety.***
- You will change into a gown. You may be asked to remove contact lenses, hearing aids or dentures at this time.
- You will be given a band with your name and ID Number to wear on your wrist.

Please remember to bring your surgery folder, a current list of medications and any test result you may have as well as your insurance information.

A nurse is available for your pre-operative visit Monday through Friday, from 8:00am to 4:00pm. Please feel free to call (618) 662-1638 with any questions or concerns.

NOTES: _____

Day of Surgery

- You will be admitted to the pre-op area to change into surgical attire.
- You will be escorted to lay down in a bed where you will have your vital signs taken and your IV started.
- When you are ready for surgery you will be taken by surgery staff to the operative suite.

During Surgery

- Monitors are placed on your body to show your blood pressure, heart rate and breathing rate.
- Anesthesia will begin.
- You will be given a warm blanket and covered with sterile drapes.
- You may notice noise and activity. Music may be played to help you relax.
- You may notice bright lights or dim lights if a video screen is used.

After Surgery

- You will be taken to the Recovery Room on a stretcher.
- As your anesthesia wears off you may have blurry vision, a dry mouth, chills or a sore throat. Your vital signs are watched closely.
- If you have pain you will be give pain medication. It is important that you notify Recovery Staff if you are in any pain.
- After 30 minutes (one hour for general anesthesia) you will be taken to a different room to have something to drink and a light snack. At this time your family will be allowed to come in and sit with you.

Going Home

- You must have an adult available to drive you home. Even following minor surgery you may feel weak, drowsy and a little sick to your stomach. Plan to rest or relax for the next 24 hours.
- You may have some hoarseness and/or a sore throat if you have had general anesthesia.
- A responsible adult should stay with you for 24 hours.
- The nurse will go over your instructions for home:
 - Your next doctor's appointment
 - Medications:
 - Take pain medication at regular times as directed. Do not wait until the pain gets bad to take the medicine. Please call your doctor if the medicine does not relieve your pain or if pain gets worse.
 - Pain medicine may upset your stomach. Taking them with a little food may help. Finish all antibiotics as prescribed.
- For at least 24 hours, do not drive, use machines, power tools or drink alcohol. Do not sign any important papers or make big decisions.
- Keep your dressing clean and dry. You will have instructions from your doctor when to remove the dressing.
- You may not feel like eating much. Try to avoid fatty, rich or spicy foods at first. Drink plenty of liquids.
- **Always follow your doctor's orders.**