

# Managing Your Care

This leaflet includes tips that can help you prepare for surgery. You can play a vital role in making your surgical procedure safe by becoming an active, involved and informed member of your health care team.

## THE PRE-OP PHASE OF YOUR CARE. . . .

- The pre-op nurse will verify who you are by asking your name and your birth date, what kind of surgery you are having and the expected part of your body on which surgery is to be performed. You will be asked these questions many times. You may find this irritating, but it is being done for your safety.
- You will be asked to sign an informed consent form which verifies that you and your doctor have discussed the surgery that is to be performed on your body and the risks, benefits and alternatives associated with the surgery.
- The physician will mark the correct location on your body where your procedure is to be performed, depending on the type of surgery you are having. This is called site marking. This is a critical step for your safety and to prevent errors, especially if you are having the type of surgery that involves a right or left body part. This marking will be made prior to your sedation.

### It is important that you ask any questions regarding your procedure at any time

- When the surgery nurse takes you back to surgery she will also verify that she has the correct person by asking your name and your birth date. The surgery nurse will also verify the type of surgery you will be having and verify that your physician has marked the site of the surgery.

## IN THE OPERATING ROOM. . . .

- In the operating room a “time out” will take place. A “time out” is when the members of the health care team stop and verify that they are performing the correct procedure on the correct site and on the correct person.

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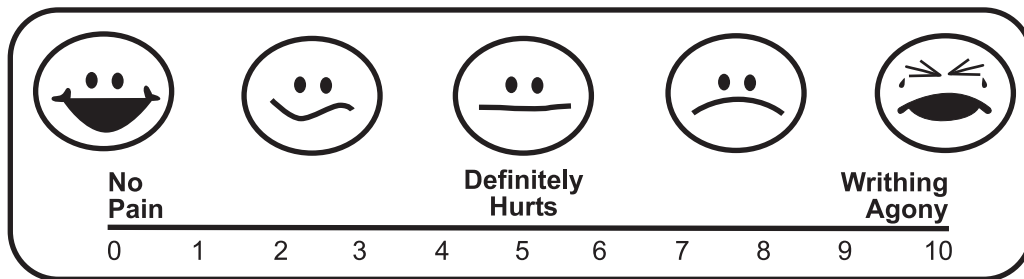


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## THE RECOVERY PHASE OF YOUR CARE . . . .

- The recovery nurse will ask you about any pain you may have. You will be asked to use a pain scale to communicate your pain. For pain management to work, we need to have some way to help us understand how much you are hurting. You will be asked to use a “pain rating scale” to do this.



- When you are asked to take medication, especially a new one, ask what it is for and its side effects. This will ensure that you are receiving the correct medication. If you have questions or concerns about any medication, ask your doctor or nurse.
- If you are given IV (intravenous) fluids, you may ask your nurse how long it should take for the liquid to “run out”. And tell your recovery nurse if it does not seem to be dripping properly (too fast or too slow).
- The day after your discharge you will receive a post-op phone call to see how you are progressing. Be sure to express any concerns you may have. There are no questions too insignificant that they cannot be asked.
- Remember to follow-up with your doctor about any therapy or medicines that you may need in your recovery and when you can resume certain activities, like work, exercise or travel.

**At the Findlay Surgery Center we strive to make health care safety a priority.**

**If you have any questions or concerns about your care or safety,**  
**please talk to your nurse. Keep asking questions until you are satisfied.**

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