

# Preparing for Your Surgery

Before your surgery date, a staff member from the Surgery Center will call you to confirm your surgery time. They will also ask you questions regarding current and past medical conditions, allergies and medications you are taking. Please don't hesitate to ask any questions you may have and be sure to let the staff know of any special needs.

- ✓ Your doctor or the Surgery Center's nurse will instruct you as to what time you are to stop eating and drinking prior to surgery.
- ✓ If you take medication for any condition, ask your doctor and/or the Surgery Center's nurse whether or not to take it the day of surgery.
- ✓ For women, if there is any possibility you are pregnant; please notify your doctor and the Surgery Center's nurse.
- ✓ Leave all valuables at home, including watches, rings, jewelry and wallets.
- ✓ Notify your surgeon of any change in your health, such as a cold, fever, or sore throat.
- ✓ For your safety, please arrange for an adult to drive you home after surgery. You will not be allowed to drive yourself home.

## DAY OF SURGERY

- ✓ Arrive promptly at the scheduled time. This will allow adequate time for all necessary admission procedures.
- ✓ Please bring your insurance identification cards. If special financial arrangements are necessary, please call the Surgery Center prior to admission.
- ✓ Be sure to bring any paperwork your doctor gave you, such as test results or your medical history, and a list of medications you are taking.
- ✓ Wear comfortable, loose fitting clothing.
- ✓ Upon arrival, you may change into a gown and slippers which we provide. You will be asked to remove contact lenses, dentures and any prosthesis as well as any body piercings.

## IN THE RECOVERY AREA

- ✓ After your surgery, you will be moved to the Recovery Area where you will be closely monitored until you are ready to go home.
- ✓ When you are fully awake, your family will be able to join you. Although the times may vary, most patients are discharged one to three hours after surgery.
- ✓ It is perfectly normal to feel discomfort in the area of your surgery. You may also experience some drowsiness or dizziness, depending on the kind of anesthesia you received.

## AT HOME AFTER SURGERY

- ✓ Your surgeon will provide specific instructions for care while recovering at home. In the event of any difficulty, please call your surgeon.
- ✓ For the first 24 hours following surgery, do not engage in strenuous activities, drink any alcoholic beverage, drive, or make critical decisions.
- ✓ A nurse from the Surgery Center will call you within a day or two to evaluate how you are recovering at home.
- ✓ You will be asked to complete a survey about the care you received. Your comments will enable us to continue to improve our service.