

Preparing for Your Surgery

This information will help you prepare for your surgery and for the early post operative recovery period. Included here are general instructions to prepare for surgery and to help you the day of surgery. Specific instructions will also be provided based on the procedure that you are to have. If you have any questions before or after surgery, you should always feel free to call 216-778-4450.

TWO WEEKS BEFORE SURGERY

The plan for surgery will have been determined well before your surgical date. If you have any questions about your surgical plan you should contact your doctor as soon before your surgical date as possible.

Pre-Surgical Testing is appropriate for many patients. This can be done at MetroHealth, by your own physician and occasionally in our office at one of the preoperative visits. Our office and nursing staff will help you arrange this.

If your procedure requires post operative compression garments, you should order and receive these well before your surgical date so that you can bring these with you on the day of surgery. Remember to size the garments according to your preoperative size, not the size you anticipate you might be after surgery.

Please review our current list of medications to avoid before surgery. Many medications contain aspirin and other compounds that might increase your risk of bleeding during and after surgery. This increases the chance of developing a hematoma (blood collection) and more bruising than is necessary. If you are on any medication that needs to be halted around the time of surgery (e.g. blood thinners) you should have received instructions for doing so. If you have not, please call within 10 days of surgery for direction.

THE DAY BEFORE SURGERY

Report any changes in your health status that might affect your response to surgery or anesthesia. Pay particular attention to any colds, flu symptoms or upper respiratory infections, skin infections or sores around the surgical site. Call our office at 216-778-4450 if you feel anything might be an issue.

The hospital or surgery center will call you the day before surgery to confirm the time and location of your surgery. If you miss the call or have any questions or concerns about the time, please call our office at 216-778-4450.

Arrange for a ride to and from the hospital or surgery center the next day.

Avoid alcoholic drinks and smoking for 24 hours before surgery.

Take all medication as normally directed the day before surgery, with the exception of blood thinners that will be managed differently

THE DAY OF SURGERY

You should have NOTHING by mouth starting at midnight the night before surgery. This includes food, liquids, coffee or tea, chewing gum, hard candy, etc. Please take nothing by mouth even if your surgery is scheduled late in the day in the event that your surgery time is moved to an earlier time. You **MAY** take your routine medications with a small sip of water.

You may brush your teeth with a small amount of water to rinse.

THE DAY OF SURGERY

You should discuss with your doctor how to manage all of your medications. Some will be taken as normally directed, others will be held (e.g. blood thinners), and others may be modified (e.g. insulin, blood pressure medications). Please bring a list of all your medications, including vitamins and herbal supplements, with you to surgery.

Have family or a friend drive you to your surgery **and arrange for a ride home** from surgery the same day.

Please be **on time** for your scheduled surgery. If you find that you will be late or need to cancel surgery, please call the office at 216-778-4450, or have the doctor paged at 216-778-7800 if the office is not open.

Bring cases for holding glasses, contacts, and non-permanent dental appliances. You will need to remove these items for surgery. Wear comfortable clothing that is appropriate for storing in a locker during your surgery and recovery.

Do NOT wear jewelry including rings, earrings, body jewelry, tongue piercings, etc.

Do NOT wear wigs or hairpieces, **do NOT** use hairspray, **do NOT** wear clips, pins, rubber bands or barrettes.

Remove false nails, tips and wraps from at least one finger, preferably the index or middle finger. This will enable the anesthesiologist to accurately measure your oxygen levels during surgery.

Do NOT wear makeup, perfume, nail polish, creams, lotions or deodorant the day of surgery. You should bring your personal care items with you, however, if your surgery requires an overnight stay or admission.

Do Not bring valuables, credit cards or a large amount of money. You might want to bring a small amount of money and your prescription card if it is necessary to fill prescriptions.

If you have ASTHMA, bring all your inhalers with you the day of surgery. You should use your inhalers as usual if you need to.

If you have DIABETES, you should have received instructions before surgery for managing your medications on the day of surgery. If you have not or have any questions, you should call the office before surgery at 216-778-4450.

If you are HEARING IMPAIRED, you should wear your hearing aids the day of surgery so that we can accurately communicate with you.

If you require any WALKING AIDS, you should bring these with you the day of surgery.

ONCE YOU ARRIVE AT THE SURGERY CENTER OR HOSPITAL

Once you arrive at the surgery center or hospital, please check in with the receptionist. Once you are brought back to the surgical preoperative area, the staff will ask you about your current health, any known allergies and medications that you are taking. Your vital signs (temperature, pulse, blood pressure) will be taken.

You will be asked to change into a hospital gown and place your belongings in a small locker. An intravenous line (IV) will be started to administer fluids and may be used to provide anesthesia or other medications. The anesthesiologist and anesthesiologist will review on last time your history and talk to you about your anesthetic plan. One of the nurses who will be in the room with you will come and introduce themselves. You may find that several people ask the same questions multiple times. This is normal and designed to avoid medical errors. Please be patient. During all of this, up to two **family members** or **friends** may stay with you. They may stay right up to the time you go into surgery. Once your surgery begins, your visitors may wait in the surgical waiting area. Visitors should check in and out with the receptionist so that messages about your status can be relayed to them. It is also appropriate to leave pager and mobile phone numbers with the receptionist and surgical team. If possible, please leave small children at home.

DURING SURGERY

Just before going into the operating room, the anesthesiologist usually will give you some sedation that will help you relax. You may or may not remember anything after this. Once in the operating room, the room may feel cool. Warm blankets will be provided for your comfort. The Surgical team will be dressed in surgical gowns and scrubs and will be wearing caps and masks. They will be opening sterilized instruments and setting up the room. This may sound somewhat noisy to you. Meanwhile, your anesthesia team will be applying monitors and blood pressure cuffs. You will be anesthetized soon after that.

At the completion of the case, your incisions will be dressed by the surgeon. You will be awakened in the operating room and transferred to a hospital bed. Still drowsy, you will be transferred to the recovery room where nurses will monitor your recovery. You may notice them place an oxygen mask on your face and adjust your IV's and drains if they are needed. These nurses will also frequently check your operative site and may adjust or change your dressings. They will treat your pain according to instructions provided by your anesthesiologist and surgeon. If you experience any nausea, they will help manage this as well. It is common and normal to experience some drowsiness, sore throat, dry mouth and thirsty feelings.

GOING HOME – DAY OF SURGERY

If your surgery is schedule as outpatient, you will finish your recovery when you have become alert, you vital signs are normal and you are comfortable. Upon discharge, the nurse will give you helpful specific written information and verbal instructions for your post-surgery care.

Please follow these instructions for a comfortable and safe trip home:

- A relative or friend **MUST** accompany you when you are discharged
- Someone should stay with you for at least 24 hours after surgery
- Progress gradually from clear liquids to solid foods
- To clear your lungs, take deep breaths and cough 10 times each hour
- Advance your activity according to your doctor's instructions
- Do **NOT** drive or operate a car or machinery for 24 hours after surgery and not until you no longer taking narcotic medications for pain
- Do **NOT** drink alcoholic beverages for 24 hours after surgery
- Do **NOT** make important decisions or sign any important documents for 24 hours after surgery.

IMPORTANT DATES AND TIMES

Pre-surgical Testing Date: _____

Pre-surgical Testing Site: _____

Surgery Date: _____

Arrival Time: _____

Surgery Time: _____

Where to Report _____