

# Patient's Guide to Surgery

## BEFORE YOUR SURGERY

- Do not eat or drink anything after midnight the night before your surgery. This includes gum, mints, water, ice chips, etc. Your stomach must be empty or you could get sick.
- OR** Do not eat anything after midnight the night before your surgery, but you may drink clear liquids, such as apple or cranberry juice, black coffee, Gatorade, water and tea until \_\_\_\_\_ am / pm on the day of your surgery.

The day before your surgery, drink plenty of fluids unless instructed otherwise.

If you have been told to take any of your medication, take it with a small sip of water before coming to the hospital. You may brush your teeth, but don't swallow any water.

If you are feeling sick before your surgery, call your surgeon. He or she will tell you what to do. If you are sick on the day of your surgery and your surgery is scheduled at ST. FRANCIS downtown, call 864-255-1073. If your surgery is scheduled at ST. FRANCIS eastside, call 864-675-4538.

On the evening before or the morning of your surgery, please take a shower with an antibacterial soap such as Dial. If you have an allergy, you may use your soap of choice.

**Do not** shave the area around your surgical site for at least two to three days prior to your surgery.

Leave your money, wallet or purse, and jewelry at home. Jewelry includes rings, bracelets, necklaces and body piercings. **It all must be removed** prior to surgery, or your surgery may be delayed or cancelled. If left on and your circulation becomes compromised during surgery, jewelry may be cut off.

If you wear glasses, contact lenses, dentures and/or hearing aids, they will be removed prior to surgery.

Children may bring a small blanket or toy with them.

Do not wear any makeup that covers your natural skin color, including mascara, and nail polish. Do not wear any cologne, perfume, lotions, powders or oils on your chest, legs, or near the surgical/procedural site. Deodorant is acceptable in most cases.

Tobacco use is not permitted in any St. Francis building or on our grounds, including parking areas.

Your surgical site will be marked prior to surgery. In some cases, after your doctor has talked to you, he will place a mark on your body at the place where the surgery will be done. This is for your safety and is routine policy.

**You must have a responsible adult to drive you to the hospital, stay at the hospital during your surgery, and drive you home. You should have someone stay with you for the first 24 hours after your surgery.** If he or she is at the hospital but leaves the waiting area, tell them to let the secretary know and provide a phone number where they can be reached. Please understand that these instructions are for your safety and comfort. If they aren't followed, your procedure may be cancelled.

One to two family members may stay with you after you are prepped for your surgery. Space is limited, so additional guests may have to wait in the designated waiting areas. A parent must stay with children under age 18 at all times. Both parents may stay with children 13 years and younger.

If you are to stay in the hospital after your surgery, your room will be assigned after the surgery is over.

Comments \_\_\_\_\_

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Medications *(take the day of surgery with small sip of water)*

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\_\_\_\_\_

Day \_\_\_\_\_ Date \_\_\_\_\_ Time \_\_\_\_\_ AM / PM

If your surgery is at ST. FRANCIS eastside, a nurse will call you on \_\_\_\_\_ between 1:00 p.m. and 4:30 p.m. to tell you the time you should arrive for your surgery. If you have not received a call by 4:30 p.m. on this day, call 864-675-4538.

If you have any questions prior to surgery, call either **ST. FRANCIS downtown at 864-255-1105** or **ST. FRANCIS eastside at 864-675-4538**. Thank you for choosing St. Francis.

## AFTER YOUR SURGERY

After your surgery, you will be monitored closely until you are awake. (This can take 45 minutes to 2 hours).

If you need something for pain, please ask your nurse.

If it is OK with your doctor, you will be given something to drink and allowed to sit up at the bedside after you are awake. While you are recovering, the doctor will talk to your family.

If you are going home, the nurses will give your family/friend discharge instructions to let you know what you can do, when to call the doctor, and how to take care of yourself after surgery. Then you will be allowed to go home.

**You must have a responsible adult to drive you home after your surgery and who is able to stay with you for the first 24 hours.**

Your doctor may give you a prescription for pain or other medication.

The average length of time from the end of your procedure until you go home varies. (It could be 1-4 hours).

The medications you are given will make it unsafe for you to be alone. You will feel tired and even a little sleepy.

Medication may also make you unsteady or slow to react for up to 48 hours after your surgery.

Do not go back to work, drive or be out and about until you have checked with your doctor.

Practice deep breathing. Take 10 slow deep breaths every hour when you are awake. Turn from side to side every 2 hours.

Drink lots of fluids if your doctor says you can. Light meals such as soup and crackers, Jell-o, and soda or juice are recommended the first day.

Walk. This will help your body get working again. Be sure to have help the first time you get up.

## INFECTION PREVENTION TIPS

Sometimes infections happen regardless of all the precautions taken.

Smoking delays wound healing. This may be a good time to stop smoking.

And remember, hand washing is the most important thing you and your caregivers can do to prevent infection.

If you are a diabetic, it is important for you to properly manage your blood sugar levels before your surgery as well as after your surgery. Poorly managed blood sugar levels slow down wound healing and prevent you from healing well.

## SAFE SURGERY TIPS

You will be asked by your nurses what surgery you are going to have. They will ask you to point to the place on your body where your surgery will be done.

Once you are in the operating room and before your surgery begins, everyone in the room will stop and make sure that they have the correct patient, correct procedure, correct position, and correct site or side for your surgery. This is called a Time Out and we do it for your safety. You may not remember this because you may already be asleep.

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