

# Pre Operative Instructions

Please follow these instructions carefully prior to your surgery to ensure your procedure goes as smoothly as possible:

## **Preparing for surgery:**

It is very important that you answered all questions honestly. You must inform us of all medications you are taking, any previous surgeries you've had, and any allergies you may have. By having the full picture of your health, we will be able to customize your care during your stay with us. A nurse may contact you before your procedure to review the information you have submitted.

## **Other Important Information:**

- Depending on your age and medical history, you may need to have certain laboratory or testing in preparation for your surgery. Your surgeon will inform you if this is necessary.
- Please notify your surgeon immediately if there are any changes to your health condition before surgery such as a cold, rash, sore throat, cough, or fever.
- You must have someone accompany you to the surgery center and drive you home after the surgery. If you are having anesthesia or sedation, we recommend having someone arranged to stay with you overnight as well.

## **Caring for Children:**

We will do everything we can to make the day of surgery easy and comfortable for our very special little patient. Every effort will be made to accommodate each of their special needs whenever possible. If you would like a tour of our facility, please contact us at 484-628-3050.

To make the day less stressful for you and your child, we recommend the following:

- If possible, care of any siblings should be pre-arranged as the child having surgery will need your full attention
- Encourage your child to bring a favorite toy or blanket
- Please bring along diapers, "sippy" cup, bottle, pacifier, etc if the child uses them
- Parent/ guardian shall not leave the facility while child is having surgery

## Medications

Please take medications for the following with a sip of water the morning of your procedure:

Steroids	
Heart	Cholesterol
Asthma	Glaucoma
Seizures	Depression
Chronic Pain	Stomach
Blood Pressure - Beta Blockers only	

### DO NOT take:

Potassium	Diuretics
Diabetic medications including insulin	MAO inhibitors
Blood Pressure – ACE Inhibitors or Angiotensin 2 receptor blockers	

If you are unsure of what type of blood pressure medication you are taking, please contact our Pre-Admission Nurse at 484-628-3024.

If you take blood thinners such as Coumadin, Plavix, Pradaxa, or Refludan, please check with your cardiologist or family doctor to see if you may stop them prior to surgery. If approved to stop, please do so 5 days before your procedure.

Please stop **ALL** vitamins, herbals, and supplements 5 days prior to surgery. Many of these medications interfere with clotting.

### The Day Before:

The surgery center will call you one (1) to two (2) business days prior to your procedure to confirm your arrival time. Preparing for surgery is very important to assure your safety and the best possible experiences.

### **IGNORING THESE RULES MAY CAUSE YOUR SURGERY TO BE DELAYED OR CANCELLED**

#### **If you are having anesthesia/ sedation:**

- Do not eat **anything** after midnight the night before surgery: this includes chewing gum, lozenges, hard candy and chewing tobacco. We encourage you to drink clear liquids up to 2 hours before your arrival time. This includes water, apple juice, white grape juice, white cranberry juice, black coffee, and plain tea.
- If you use an inhaler for asthma or insulin for diabetes, please bring your medications with you the day of surgery.
- Please take the medications as directed in the medication section above.

If you are unable to keep your appointment for surgery, please call your surgeon's office immediately.

## **The Day of Surgery**

The day of your procedure can be rather stressful. The information in this section is meant to help reduce the stress. Be sure to use this as a checklist prior to leaving home on the day of your surgery.

- Bring your insurance identification cards, driver's license, and any copayments with you for the admitting process
- Make sure you have a ride home and someone to care for you at home. You may use a taxi after surgery but only if you have an escort to go with you or if you received local anesthesia
- Wear comfortable, loose fitting clothing and simple shoes to make getting dressed after your surgery easy
- Please leave all jewelry and valuables at home.
- Please bring appropriate cases for your eyeglasses, contact lenses, and/or hearing aids. We'll provide a container for dentures or bridge work. You will be asked to remove these before surgery
- If your child is having surgery, we recommend a favorite bottle or "sippy" cup. You may also bring a favorite toy or blanket to help comfort him/ her during recovery
- Bathe or shower. Do not use lotions, oils, perfumes, cologne, deodorant, aftershave, or hair products. Do not apply makeup.

Coffee, tea, water and light snacks are available in the waiting room for those who are waiting for patients. There is also a vending machine in the lobby on the first floor. Wireless internet is available throughout the SurgiCenter area.

## **After Registration**

Once you have gone through the registration process and signed all the forms, a pre-op nurse will escort you to the pre-op area. There are many steps that will occur in the pre-op stage and we want you to be familiar with every step prior to your arrival.

- You will be asked to change into a patient gown
- The pre-op nurse will take your blood pressure, temperature, pulse, and respirations
- The pre-op nurse will also review your daily medications with you
- You will have an IV started and your belongings will be placed in a locker until discharge
- Your anesthesiologist and surgeon will visit you in pre-op
- Each of them will re-verify information and are available to answer any questions you may have about your surgery
- Your surgeon will ask you to assist with identifying and marking the location of your surgery

## **Post-Op Recovery**

The length of time you remain in the recovery room depends on several different factors:

- Type of procedure you have had
- Type of anesthesia you had
- Your pain level
- Your ability to tolerate fluids

You will be given something to drink and a snack during this time. Once you are fully recovered the nurse will review your discharge instructions with you and your ride.

### **\*\*Please Note\*\***

Everyone reacts differently to surgery. Rarely, patients may need to be admitted to the hospital following surgery for specific medical reasons. If the need arises, be assured that this decision will be made in conjunction with anesthesia personnel and your surgeon. Should this decision need to be made, every effort will be made to transfer you to the hospital of your choice.

## **At Home**

### **If you are having anesthesia/ sedation:**

- You must have an adult stay with you for the first 24 hours as you may get dizzy or drowsy
- Rest and Relax- follow your surgeon's recommendations for resuming your normal activities
- Eat a light meal when you feel hungry, heavy meals may cause nausea
- Follow your surgeon's instructions for resuming any medications, as well as, pain medication that may have been prescribed. You will receive instructions specific to your surgical procedure and anesthesia in general at the time of discharge
- Do not drive, drink alcoholic beverages or operate heavy machinery or power tools for at least 24 hours after your surgery

### **\*\*Please Note\*\***

Please contact your surgeon's office immediately if you experience any problems when you arrive home.

\*\*\* There are two virtual tours available for you to view. Created by our staff, it is especially helpful for children, parents or adults who are having anxiety about their visit to the SurgiCenter. The web address to access the videos is:

<https://reading.towerhealth.org/locations/profile/reading-hospital-surgicenter-at-spring-ridge/>

You will see two videos; one for children title: "*Pediatrics at Spring Ridge*" and a second video titled: "*What to Expect For Your Procedure (Adults)*"

**If you have any questions or concerns, please call us at 484-628-3050.**