



# PRE-OP PREPARATION

## WHAT'S NEXT?

Our surgery scheduler will contact you to insure you have reviewed and understand the items in this packet. She will verify your insurance information and collect your preferences as far as surgical and pre-op appointment times. She will then contact your insurance company to verify that the procedure is covered and that you are eligible for benefits. If you are an uninsured patient, our financial counselor will contact you to help you make payment arrangements for the proposed procedure. Once we have obtained authorization for your surgery, we will then schedule your pre-op appointment at the hospital. At this appointment you will pre-register for your surgery and have any required pre-operative testing done. The purpose of pre-operative testing is to gather information before surgery about your health. You will then be formally added to Dr. Saffold's surgery schedule at the hospital. We will contact you as soon as possible after today's visit to let you know both the pre-op and surgery times.

**MY PRE-OP APPOINTMENT IS SCHEDULED FOR:** \_\_\_\_\_  
**MY SURGERY IS SCHEDULED FOR:** \_\_\_\_\_

## TWO WEEKS PRIOR TO SURGERY...

You should avoid taking aspirin and all aspirin related products for at least 7 days prior to surgery. Aspirin, ibuprofen, Advil, Motrin, naproxen, Aleve, and related products can thin the blood and create excessive bleeding both during and after surgery. Tylenol is safe and may be taken any time up to the day of surgery.

Some herbal medications and supplements can cause problems with surgery. All should be discontinued two weeks prior to your operation.

## THE DAY BEFORE SURGERY...

**You must not eat or drink after midnight.** Eating or drinking after midnight will necessitate the cancellation of your surgery. If you are taking medications for a chronic medical condition please check with the anesthesia staff at your pre-op visit at the hospital to see if you should take these medications on the morning of surgery. If so, you may do so with as small amount of water as possible. Otherwise, you must not take anything by mouth until after your surgery.



# THE DAY OF SURGERY

You must have someone drive you home after surgery. You will not be allowed to drive yourself. It is also important that you arrange to have someone help take care of you at home for at least the first 24 hours after surgery.

Please leave all jewelry, money, and valuables at home.

Please do not wear makeup on the morning of surgery.

**For Pediatric Patients:** It is suggested that a comfort item such as a favorite toy or stuffed animal be brought with the child on the day of surgery.

Plan on arriving at Shore Memorial Hospital at your scheduled time, unless you are instructed differently. If possible, leave a phone number with our office at which you can be reached the day of the surgery.

When you arrive at Shore Memorial Hospital, you will be prepared for surgery by a Registered Nurse. Your nurse may do such things as check your blood pressure, heart rate, temperature, and oxygen saturation. He/she will also start an IV (if indicated) and prepare you in other ways as Dr. Saffold may have ordered. These things may include giving medications and applying compression stockings for circulation.

Your anesthesiologist will visit with you before surgery to discuss the anesthesia and answer any questions you may have.

You will meet your operating room nurse. He/She will take you to surgery on a stretcher in most cases.



## AFTER SURGERY

After surgery you will be observed and cared for in the recovery area. If you experience discomfort, your nurse will have pain medication available to give you. It is very important to let the nurse know how you are feeling. Rating your pain on a scale of 0-10, with 0 = no pain to 10 = most severe pain, is helpful for the nurse to determine the most appropriate medication. Your nurse will also have medication to treat any other side effects you may experience after anesthesia, such as nausea. If you are given an extended course of antibiotics please don't forget to eat yogurt daily. Yogurt has live active cultures which helps with the prevention of yeast infections and stomach upset.

When you are ready to be discharged, your nurse will go over the home care instructions with you and another responsible person. You will be given a written copy of these instructions to take home.

**Please be sure that both you and your representative thoroughly understand your aftercare instructions before leaving the hospital. This includes the instructions and dosage of all prescribed medications, as well as instruction for resumption of eating, drinking and other activities. Understanding and adhering to these instructions can literally make the difference between a good post-op experience and an awful one.**



## AT HOME

- Take your pain medications according to the directions.
- You should plan on resting for the remainder of the day.
- Unless otherwise instructed, walking short distances in your home helps prevent complications after surgery by promoting circulation in your legs. Dr. Saffold will instruct you on resuming normal activities.
- If you are required to be inactive, it is important to take frequent deep breaths and passively exercise your legs.
- Don't plan to drive or drink alcohol until you have stopped taking pain medications.
- Report to Dr. Saffold: excessive bleeding; elevated temperature of greater than 101 F for 24 hours; ineffective pain control; prolonged nausea or vomiting problems; problems with circulation in the operative area; or any other surgery related problem. If in doubt, please don't hesitate to call Shore Memorial Hospital and have the Doctor paged. Please be **determined** and explain to the switchboard that you are a surgical patient. Dr. Saffold is **always available** for his surgical patients.



## FOLLOW-UP

Follow up is at least as important as your surgery itself. Most often you will feel so much better than you did prior to surgery that it is easy to let your follow up appointment take a back seat to other responsibilities. Please do not let this happen. The follow up visit allows us to formally assess your recovery and to make sure that you have healed properly. Typically, the visit is a short one, but it is very necessary.