

INSTRUCTIONS FOR YOUR SURGERY

Food or Drink: After midnight and until you have your surgery, you should have ***nothing at all by mouth*** unless you have been ***specifically instructed*** differently by your Surgeon or Anesthesiologist. This means no food, liquids, juice, coffee, tea, milk, or water. You may brush your teeth, but do not swallow any water.

Medications: ***Only take medication for your heart or blood pressure with one sip of water the morning of surgery. (If on insulin or diabetes pills – hold morning dose.)*** **DO NOT TAKE ANY OTHER MEDICATION** ON THE MORNING OF SURGERY UNLESS INSTRUCTED TO DO SO BY YOUR ANESTHESIOLOGIST OR SURGEON.

For your safety, any exception to the “Food or Drink and Medications” instructions above must be approved prior to surgery by your Anesthesiologist. Your procedure may be rescheduled or canceled if these instructions are not observed.

The Day of Your Surgery: To make your Surgery Center visit as easy as possible, there are several things you should do ahead of time:

- Arrange for someone to drive you home after surgery
- Arrange for someone to be with you the first night after surgery
- Bathe or shower in the morning and wear clean, comfortable clothing that will fit easily over bandages. For knee surgery no jeans, for eye surgery no long sleeve shirt or blouse.
- Remove all makeup prior to arrival
- Leave watches, jewelry, metal body piercings, and credit cards or other valuables at home
- Bring a list of all your current prescription medications
- Bring all reports, X-rays, or papers given to you by your doctor
- If the patient is a child, do not forget to bring a favorite toy or blanket

Patients under the age of 18 should have a parent or legal guardian accompany them. The parent or legal guardian must sign the necessary forms and talk with the anesthesiologist. **If not the parent, the guardian must bring a copy of court authorization.** We request that the parent or guardian remain at the Surgery Center during the surgery.

- Bring your **insurance card, prescription card with you.**

If you are having foot, ankle, or knee surgery it is a good idea to bring crutches with you. You may purchase or rent them at most any local pharmacy.

Most prescriptions you receive may be filled at your regular pharmacy.

Your Arrival: A parking lot is available across from ORegon Surgery Center. You may drop the patient off in front drive-thru then park in the parking lot across the street.

For most procedures, we ask that you arrive 1 hour to 1 ½ hours before your scheduled surgery time. This time will be spent preparing you for surgery. Your doctor’s office will give you an arrival time. **Please do not be late.**

To ensure your safety, **we require that you arrange for a ride home before your surgery.** If no one can drive you, call MMC Express #464-5555 to make reservations. Reservations must be scheduled prior to the day of surgery. If you have not planned for transportation home, your **surgery will be postponed or canceled until you have arranged for a responsible adult to drive you home.**

Anesthesia: Your anesthesiologist or your doctor will review your chart and determine with you the type of anesthesia best for you. Five types of anesthesia are commonly used for outpatient surgery: general, regional, IV sedation, local, and topical.

- **General anesthesia** is usually administered by adding medications to your IV and having you breathe a mixture of anesthetic gases.
- **Regional anesthesia** is administered by injecting medication around the main nerves to the affected area. This will produce numbness lasting from 1 to 4 hours. You may also be sedated during your surgery.
- **IV sedation** is administered by adding sedatives and medication to IV to induce sleep. This will be at the direction of your doctor.
- **Local anesthesia** is administered by injecting medication just under the skin to numb a small area.
- **Topical anesthesia** is administered by applying medication to the mucous membrane for surgeries involving the nose, throat, or bladder.

Your heart rate, blood pressure, oxygen concentration, and breathing will be monitored with special equipment throughout your operation, regardless of the type of anesthesia administered.

After Your Surgery: From the PACU (Post-Anesthesia Care Unit), or recovery room, you will be taken to the Phase II recovery area. Due to space limitations, only one visitor at a time is allowed in the Phase II recovery area. Both parents may accompany a child who has had surgery.

You will be discharged from ORegon Surgery Center when you are stable, and it is appropriate to go home. Depending on the procedure or surgery you had, you will be ready to leave anywhere from 30 minutes to 4 hours later.

Your Care at Home: When you are discharged, you will be given **written instructions** for your care at home. Be sure to follow your doctor's orders. Take pain medications as prescribed by your doctor. Follow a liquid diet for the first 6 hours following surgery, then advance to your regular diet. Once home you will need plenty of rest. **Arrange to have a responsible adult stay with you through the night.** If you have any **problems related to surgery or your procedure, call your doctor.**

Your Care at Home following Endoscopy: Take pain or other medications as prescribed by your doctor. Eat a regular diet, just not large amounts at first.

It will feel good to recover in your own home, but remember not to do too much too soon! For the first 24 hours following your surgery, regardless of how you feel,

- **DO NOT** drive a car or take public transportation by yourself
- **DO NOT** drink alcohol
- **DO NOT** sign legal documents or make important decisions
- **DO NOT** operate potentially dangerous equipment.

If you received local or topical anesthesia, you may return to normal activities without the 24 hour restrictions above. However, do follow the restrictions ordered by your doctor for your particular surgery.

You should receive a follow-up call from the Surgery Center nurse 1 to 2 days after your surgery. The Surgical Services nurse will be happy to answer any questions you may have about your postoperative care. In the mean time, call your doctor with any concerns or questions.

YOU SHOULD ARRIVE AT THE OREGON SURGERY CENTER ON:

Day _____ **Date** _____ **Time** _____.