

Your “To-do List” for Surgery

Welcome!

Our goal is to make you as comfortable and safe as possible before, during, and after your surgery. Please feel free to ask questions at any point during your stay with us. You may receive a survey after your stay and we hope you'll rate your experience as “very good.”

Surgery is a big event and should be the only big event in your life that day. Please do not plan other big events—like your wedding, graduation, or an examination—for the same day. Remaining flexible and relaxed helps you recover faster.

Please read all of these instructions, including “Preparing for Your Surgery.” We'll review the information with you the day of your surgery.

Need to reach us?

Day Surgery:

261-5975; 261-6440/FAX

Registration:

265-3300, ext. 4414

Central Scheduling:

261-5240

Pre-Surgery Nurse:

265-3300, ext. 4009

Before your surgery:

- Complete pre-surgical tests/medical clearance (if applicable) and make sure your surgeon received the results.
- Complete your pre-surgical interview with a member of the registration staff to verify insurance and contact information.
- Complete your pre-surgical interview with a nurse.
- If scheduled for same-day surgery, make arrangements with a responsible adult to drive you home/stay with you for the next 24 hours after your surgery (we can't perform the surgery otherwise).
- Find someone to care for your children/pets.
- Contact your surgeon if your condition changes (you have a cold, flu, etc.).

One day before your surgery:

- Review and follow any instructions from your surgeon.
- Use the pre-surgery antiseptic wipes per the instructions, if you were given them.
- Do not drink or eat anything (and we really mean anything, including water) after midnight or as instructed by your surgeon.

Day of your surgery:

- Take your regular medicine for high blood pressure, heart or seizure problems with a tiny sip of water, as directed by your surgeon or primary care practitioner.
- Wear loose-fitting clothing or pajamas:
 - Shirt/top with front closure for face, head, or shoulder surgery;
 - Shirt/top with loose sleeves for hand or arm surgery.
 - Loose pants to allow for a big bandage for knee or foot surgery.
- Leave valuables at home and remove all jewelry (including body piercings).
- Bring the following with you:
 - List of medications.
 - Insurance cards and driver's license.
 - Case for storing your glasses/contact lenses, dentures, or hearing aids: these will be removed before surgery.
 - Court or guardianship paperwork.
- Arrive at scheduled check-in time: note that this is not the same time as your actual surgery; we need time with you to prepare.
- Check in at the “Information” window at the bottom of the ramp on the first floor of the main hospital at 50 Leroy Street.