

# How to Prepare for Your Surgery at the Orthopedic and Neuroscience Hospital

## PRIOR TO YOUR PROCEDURE DATE

- Please verify with your doctor which medications you should or should not take the morning of surgery.
- If you are on blood thinners, ask your surgeon when they should be stopped.
- Herbal medications and weight-loss medications should be stopped 14 days before surgery.
- Call your insurance provider as soon as your procedure is scheduled. Complete all necessary insurance pre-authorization.
- Plan for someone to drive you to and from the hospital and stay with you while at the hospital. For your safety, you WILL NOT be able to drive yourself home or take a cab or bus.
- Plan for someone to stay with you at home for at least 24 hours after your procedure.
- Please make arrangements for children to stay at home while you're at the hospital.
- DO NOT eat or drink anything after midnight the night before surgery (this includes water, chewing gum, mints and chewing tobacco), unless otherwise instructed.
- DO NOT drink alcohol 24 hours before surgery.
- Smoking can affect your recovery from surgery. It can slow healing of bones and wounds. Deaconess is a smoke-free campus, and you will not be allowed to smoke during your hospital stay.
- If you become ill (cold, flu, fever, diarrhea) or have a problem prior to your procedure, call your surgeon or Deaconess Gateway Hospital surgery department at 812-842-2990.

Legal guardians or parents must sign consent forms for those under 18. If the patient is a foster child, you must bring a letter from a judge stating that it's okay for the surgery to be performed or have the caseworker available to sign the consent.

If a patient is unable to sign, a legal guardian, family member or power-of-attorney may sign for the patient. We require updated copies of power-of-attorney documents. If the guardian cannot come on the day of the procedure, arrangements can be made in advance. We cannot proceed without the proper signature and documentation.

You may have lab work ordered by your doctor. If you do, please have the labs drawn one to three weeks prior to surgery, if possible.

## DAY OF PROCEDURE

- Shower or bathe with an antimicrobial soap (for example, Dial).
- Report to the hospital a minimum of 2 ½ hours before your scheduled surgery time unless otherwise noted.
- Park in front of the Orthopedic and Neuroscience Hospital on the Deaconess Gateway Campus (Ortho Neuro Hospital) and enter through the front entrance of the Ortho Neuro Hospital.
- Go to the second-floor waiting lounge and check in with the visitor assistants.
- Wear comfortable, loose-fitting clothing that's easy to put on and remove.
- Remove all jewelry—including body piercing jewelry (belly, tongue, facial)—prior to coming to the hospital.
- Do not bring valuables (jewelry, etc.) to the hospital. Your family will be responsible for your belongings. Deaconess is not responsible for loss or breakage of personal items.
- If you wear a CPAP at home, please bring it with you to the hospital.
- Contact lenses must be removed prior to surgery—this includes extended-wear contacts. Please bring contact lens case and solution.
- Dentures may be worn up until the time of surgery and then must be removed. The day of surgery, if you use paste to hold your dentures in, use only a little or none at all.
- If you are instructed to take medications, swallow them with a small sip of water.
- If the patient is younger than 18, a parent or guardian must come with the patient and stay at the hospital with the child.

After surgery, you must have a responsible adult to take you home. **There are no exceptions.** The anesthesia and/or medications make it unsafe for you to drive a car, walk home or travel by public transportation.

**Upon arrival to Same-Day Care Center**, you'll be asked to come to your pre-op room while your family waits in the waiting room. Your family will be called back to see you as soon as you're ready for surgery and before you leave the pre-op area. The following will occur in the pre-op area:

- Have your height and weight checked
- Have your blood pressure, temperature, pulse and breathing measured
- Be asked to put on a hospital gown
- Sign your consents
- Have any day-of-surgery lab tests done
- Have I.V. fluids started
- Have surgical prep, if indicated
- Be asked to help in verification of your surgery and marking your surgical site

Once you leave for surgery, your family will be directed to the surgery lounge, where they should check in with the visitor assistant. We recommend one family member be present in the lounge at all times in case the doctor and/or staff need to speak with someone.

If you're going to be admitted to the hospital as an inpatient, you'll be assigned to a room after surgery. Please pack light, because space is limited.

## OPERATING ROOM

You'll be taken to the operating room 20–45 minutes before your scheduled surgery time (emergencies may occasionally cause delays in the schedule). You'll be taken to surgery on a surgery cart (some children may be carried). The operating staff wear face masks and head coverings to keep the room clean and germ-free. The operating room is kept cool for this same reason, but warm blankets are available to you—just ask. You'll also be given a head cover to wear.

You will be greeted by your nurse and anesthesiologist and asked what procedure you're having and the location. Everyone may look very busy, but we encourage you to ask questions at any time. The amount of time in surgery and the kind of anesthesia you will receive depend on your individual needs. You should discuss this in advance with your surgeon and anesthesiologist.

## RECOVERY ROOM

You will stay in the recovery room until you're ready to go to your room. Family members are not allowed in the recovery room unless otherwise instructed.

## PAIN RELIEF

Our goal is to control your pain and make you as comfortable as possible. We'll monitor your pain and give you medication as needed. The nurse will ask you to rate your pain on a scale of 1 to 10, with "1" being the least amount of pain and "10" the most severe. This will help determine how much and what medication you need. Pain medication can be given by mouth, by injection or through an I.V.

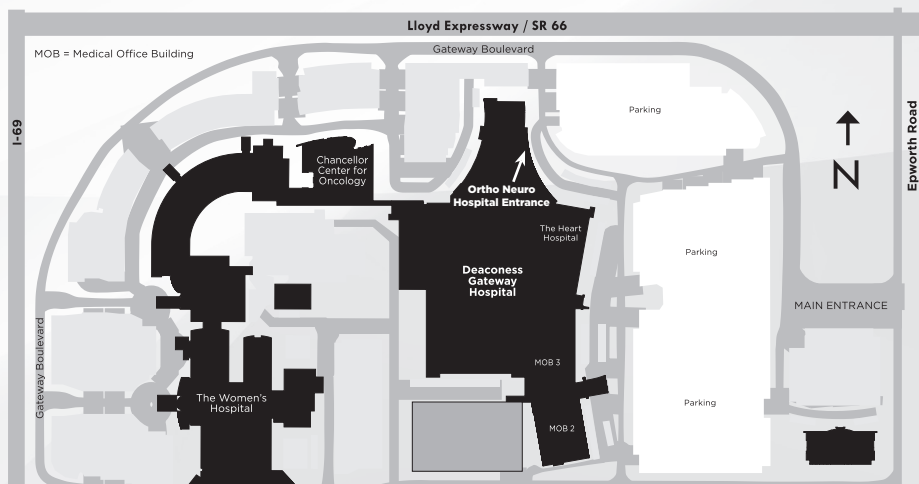
## DISCHARGE

If you are to be admitted to the hospital, you'll be taken to your hospital room from the recovery room. Your family or significant other will be able to be with you once you're taken to a room. The intensive care units do have some restrictions on visitation. Please check with the visitor assistant for details.

If you are to be discharged, you'll be returned to the Same-Day Surgery Unit. Our goal is to have you discharged within an hour of coming to Same-Day. Please realize that discharge sometimes doesn't happen that soon, depending on how your or our other patients' recovery is going. The average length of stay is one to two hours. Written discharge instructions, including prescriptions for take-home medications and follow-up appointments, will be reviewed with you and your family members.

Within 48–72 hours after surgery, a hospital staff member may call you to check on your progress. Call your doctor if you have questions or concerns. After office hours, you can reach your doctor through his or her answering service. If you need immediate help, go to the Deaconess Emergency Department or hospital near your home.

**Thank you for choosing Deaconess!**



  
**Deaconess**  
 ORTHOPEDIC AND  
 NEUROSCIENCE HOSPITAL

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