

Follow up

Please follow your surgeon's discharge instructions. We will include your family member or designee in this discussion. A copy of the instructions will be given to you.

You will receive a call from one of our nurses within 72 hours to see how you are feeling. If you have any immediate concerns about your medical condition once you arrive home (fever, chills, severe nausea/vomiting, bleeding or severe pain), you should contact your surgeon immediately.

This brochure provides general information only, and is to be used as a guide, not as a complete resource on your surgery. If you have any questions, please ask your doctor.

Please use this space to write down your questions and bring them with you on the day of your surgery:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.



Pre-Surgical Information and Instructions

*Thank you for choosing St. James
Mercy Hospital for your surgical
procedure.*

*Our goal is to provide safe,
comfortable care while you are here.
Enclosed are some guidelines to help
ensure your comfort and safety.*

Preparing for Surgery

Be prepared to be at the hospital between 3-5 hours. You will need to arrive at the hospital at least 1 hour prior to surgery. Make sure you have arranged for transportation home, as that is not provided by the hospital.

Your doctor has determined that surgery is needed as part of your treatment plan. Most patients and families are understandably anxious about having surgery. You may have several questions or concerns but please do not hesitate to discuss them with your doctor or nurse. There is space on the back of this brochure to note your questions.

Consent Form

Your surgeon will explain the details of your surgery, including risks and benefits. He or she will ask you to sign a consent form. The consent form gives your surgeon permission to perform the surgical procedure discussed with you. It is important that you ask questions so you will have a good understanding of the surgery.

Time of Surgery

You should call St. James Mercy Hospital's Surgical Department at **607-324-8840** the day before your surgery between 9 a.m. - 12 p.m. to confirm your time. If your surgery is on Monday, please call the Friday before. On the day of your procedure, please go directly to Patient Registration, from there you will be directed to Ambulatory Surgery.

Anesthesia

The anesthesiologist is a physician whose primary objective is to make your operative experience comfortable, by offering various options that you will discuss at the pre-admission visit. You should tell the anesthesiologist if you have any allergies, what medications you are taking with dosages, as well as vitamins or herbal supplements. Please bring a list of your medications including vitamins and supplements to your admission visit. **You should also tell the anesthesiologist if you or an immediate family member has had complications with anesthesia in the past.**

Smoking

You are advised to stop smoking 72 hours before your surgery. While this may be difficult, it will help improve your breathing and circulation. Smoking cessation options can be discussed at your pre-admission visit.

Medications

You may need to stop taking some of your medications prior to surgery. Please follow any instructions given regarding your medications. Failure to do so may result in having to cancel surgery. If you have any concerns with medications, please contact your doctor or call the OR at 324-8840.

Bathing and Personal Hygiene

Before your surgery, you play an important role. Because skin is not sterile, please follow these instructions:

1. Shower or bathe the morning of or the night before your surgery. Do not shave the area of your body where your surgery will be performed.
2. Wash your hair.
3. Rinse your hair and body thoroughly.
4. Pat yourself dry with a clean, soft towel.
5. Clean under your finger nails.
6. Wear clean pajamas to bed.
7. Wear clean, comfortable clothes to the hospital.
8. All caregivers should wash or use an alcohol-based gel to clean their hands before they touch you. It's okay to ask a caregiver to wash or gel their hands.
9. Women: No makeup and no nail polish.
10. No jewelry is to be worn the day of surgery, including piercings.

Food and Fluids

Please follow the instructions provided regarding food and fluids. Eating or drinking before your surgery can cause a delay or cancellation of your surgery.

Please remember, your surgery may be cancelled if you:

- Eat or drink anything after your specified time
- Arrive later than your stated arrival time
- Have not arranged for transportation home with a responsible adult
- Have a cold, fever or any other condition. Please call your surgeon's office or 607-324-8840 if you have any of these symptoms as soon as they appear or if you need to cancel.