

## A Guide to Preparing for Surgery

This guide will help answer questions you may have before your procedure, including details about preoperative instructions, information for the day of surgery as well as expectations for discharge. Please review this important information prior to your visit.

### Planning for the Day of Surgery

Two business days before your surgery date, between 7:30 a.m. and 9:30 a.m., please call the Preoperative Nurse Coordinator at 734.232.3053. You will reach a voice mailbox. Please leave a message with the following information:

- Your complete name
- Your hospital registration number
- Name of your surgeon
- Telephone number at which you can be reached the day of surgery

The Preoperative Nurse Coordinator will call you back with specific instructions between the hours of 8:30 a.m. and 4:00 p.m. Please have all of your relevant medical information available including a complete list of your current medications. During this call, you will review:

- Your medical history including previous illnesses and surgical procedures, plus all of your current medications and allergies
- Any special instructions regarding medications you should take on the day of surgery
- The time at which you should begin fasting from foods
- The time at which you should begin fasting from clear liquids
- Time at which you should arrive at the surgery center
- Time at which your surgery is scheduled

Please notify your surgeon if you develop a fever, sore throat, cough or any other symptoms of infection or illness before your scheduled surgery, especially if these symptoms develop after your preoperative telephone call with the Preoperative Nurse Coordinator.

If you are having a procedure that requires anesthesia or a sedative, it is required that you have a Responsible Adult Companion (RAC) accompany you to and from the surgery center. The Nurse Coordinator will verify that you have a RAC for the day of surgery. The RAC will:

- Be 18 years of age or older
- Remain in the waiting room during your surgery
- Be with you in the recovery area when the nurse reviews the discharge instructions
- Fill your prescriptions while you are in surgery – we have a pharmacy within the campus
- Help you dress and prepare to go home
- Accompany you home after your surgery, typically by car

It is recommended that your RAC remain with you at home for the first 24 hours after surgery.

## On the Day of Surgery

On the morning of surgery, remember that you may not eat and may only drink clear liquids such as water, clear tea or black coffee until the time discussed with the Preoperative Nurse Coordinator. Please, do not wear contact lenses or any makeup, including eye shadow or liner. You may want to wear loose-fitting clothes, which may be more comfortable to put on following certain procedures. In addition, please:

- Take your medications as instructed by the Preoperative Clinic and/or Nurse Coordinator
- Shower as instructed by your surgeon. If no specific instructions were given, please shower with an antibacterial soap, such as Dial.

Please contact the East Ann Arbor Surgery Center front desk at 734.232.3000 if you are going to be late, need directions or have any other questions or concerns. We are not responsible for any patient belongings. Please leave all valuables including money and credit cards at home. Bring the following items with you to the center, though you may not be asked for all of them:

- Personal identification (such as your driver's license)
- University of Michigan Blue Card
- Insurance card(s)
- Your Advanced Directive, if you have one
- List of current medications
- Case for your glasses, dentures or hearing aids

Once you arrive at the surgery center, check in with the receptionist, who will take contact information for your Responsible Adult Companion (RAC). You will then be shown to the preoperative area to meet your preoperative nurse. The nurse will verify your procedure with you and confirm you have signed your consent form and other paperwork. Finally, the nurse will check your pulse and blood pressure as well as place your IV for sedation or anesthesia.

Before your procedure, you will meet with your anesthesiologist and surgeon. To ensure your safety, you will be asked many questions a second or third time including your name, surgeon and what procedure you are having. If you have not already received them, please ask for your postoperative pain medication prescriptions. Your RAC will fill your prescriptions within our pharmacy while you are in surgery.

After surgery, you will be taken to the recovery room to be cared for by a recovery nurse. The nurse will monitor you, ask if you are feeling any pain or nausea and administer medication as needed. The nurse will assess your recovery and decide when you are ready for discharge. To respect all patients' privacy, we limit visitors in the recovery area to one or two per patient.

When the nurse decides you are ready for discharge, the nurse will explain your discharge instructions to you and your RAC. You will also be given printed discharge instructions to take home, which will include contact details for your surgeon. Finally, you will be escorted to your vehicle by a member of our staff. Your RAC must accompany you home.

## After Surgery

Once home, even after minor surgery, we recommend that you spend the remainder of the day resting and taking your postoperative medications as directed. However, it is important that you maintain your circulation so we suggest that you walk around your home every one to two hours before you go to bed.

The effects of sedation or anesthesia medications may last up to twenty-four hours after they have been given. While under the influence of these medications, please DO NOT:

- Drive a car
- Operate machinery
- Make important decisions
- Supervise young children

One business day after your surgery, you will be called by a Postoperative Care Nurse who will enquire how things are going and will answer any questions you may have. If you have any problems prior to this call, please call the surgery service at the number provided to you in your written discharge information.

In general, patients should have a follow-up appointment with your surgeon arranged prior to leaving the surgery center. You should find this appointment information in your discharge information packet.