



## Preparing for Your Surgery

- Are there any prescription or over the counter medicines that you should not take before your surgery?
  - *Take medications as instructed by your Pre-Op Provider*
- Follow all instructions regarding eating and drinking.
- If you have questions, write them down. Contact your Surgeon or Pre-Op Nurse.
- You will receive a call the day prior to your surgery letting you know what time to arrive at the hospital. While we do everything possible to adhere to the times given, emergent circumstances sometimes arise causing delays or even re-scheduling.

### Ask someone you trust to:

- Take you to and from the hospital.
- Be with you at the hospital. This person can make sure you get the care you need to feel comfortable and safe.

### Before you leave home:

- Shower. Do not wear make-up. Your caregivers need to see your skin to check your blood circulation.
- Leave your jewelry, money and other valuables at home.
- Remove any nail polish.

### At the hospital:

The Surgeon will ask you to sign an informed consent document. Read it carefully. It lists:

- Your name
- The kind of surgery you will have
- The risks of your surgery
- That you had any questions fully answered
- Your agreement to have the surgery

For your safety, the staff may ask you the same questions many times. They will ask:

- Who you are
- What kind of surgery you are having
- The part of your body to be operated on, right or left side

They will also double check the records from your health care provider's office.

## Before Your Surgery

- Your Surgeon will mark the spot on your body to be operated on. It is important for you to acknowledge that the marking is in the correct location.
- Marking usually happens when you are awake. Sometimes you cannot be awake for the marking. If this happens, a family member, friend or other health care worker can watch the marking. They can make sure that your correct body part is marked.
- Some procedures require a nerve block as part of the pain management process. This is a decision your surgeon and anesthesia provider will help you make. Nerve blocks are done before entering the operating room. Your anesthesia provider will mark the nerve block,

which may be a separate site from the surgery marking.

- The Surgical Team will take a “time-out” just before your surgery. This is done to make sure they are doing the right surgery, on the right body part, on the right person, and that everything is ready for your surgery.

## After Your Surgery

- Tell your doctor or nurse about your pain. Pain management is a joint effort between you and your health care team.
- Ask questions about medicines that are given to you, especially new medicines. What is it? What is it for? Are there any side effects? Tell your caregiver about any allergies you have to medicines. If you have more questions about a medicine, talk to your doctor or nurse before taking.
- Ask your doctor if you will need therapy or medicines after you leave the hospital.
- Ask when you can resume activities like work, exercise, travel, school, bathing, etc.
- Your physician will provide a list explaining any changes in your medications.
- After surgery, if your medical team deems it appropriate, you may be allowed to have visitors in the recovery room.

*We appreciate you allowing us the privilege of participating in your health care.*



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