

Prior to your procedure you may need to have the following:

1: Physical exam/History and physical exam

- Please bring your medication list, including prescriptions, herbal supplements, over the counter medications, ointments and eye drops
- Allergy list with reactions
- Prior surgery list, including whether you or any of your family members have had any problems with anesthesia in the past
- Anything else you feel is relevant to your medical history

2: Pre-operative testing, which may include:

- Blood work
- Urine Test
- X-ray
- EKG
- Additional testing based on your health history

3: Pre-procedure nurse interview

This may be scheduled as a phone call or you may be scheduled to come into the office for an interview with the pre-operative nurse. Please mark this on your calendar and be available at the specified time. Whether in the office or on the phone, this is an actual appointment and needs to be done prior to you being able to have your procedure.

4: Medical clearance exam

This may be scheduled with your primary care provider or one of our Gifford physicians in our Pre-operative Clinic.

Notes/Questions to Ask:



Surgical Division & Ambulatory Care Center

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YOUR SURGERY DAY

at Gifford

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Preparing for your surgical procedure



Things to do at home prior to your procedure to help in your recovery

- Stop smoking
- Eat healthy and drink more water
- Daily exercise
- Get enough rest
- Prepare your home: make meals ahead, clear obstacles, pick up scatter rugs (as appropriate to your procedure)
- Ask friends and family to be available to help you
- Plan for a responsible friend or family member to drive you home after your procedure or when you are discharged if you are staying overnight or longer.

Follow your pre-procedure instructions, including

- Diet and fluid restrictions
- Having a responsible friend or family member to drive you home
- Removal of make-up, nail polish and jewelry
- Bowel prep, if indicated
- Shower
- Medication changes, if appropriate

You will receive a phone call the afternoon of the working day prior to your procedure to let you know your arrival time. While we do everything possible to adhere to the time given, sometimes emergencies or circumstances cause delays or rescheduling. Please be aware that if there is a cancellation you may be called the morning of your procedure to come in sooner.

On the day of your procedure

On arrival at Gifford Medical Center, proceed to the Ambulatory Care Center located on the third floor. Take Elevator A from the main lobby to the third floor; turn right and go down the steps to the registration desk. If you cannot do stairs, go straight off the elevator, turn right and go down the ramp, at the bottom of the ramp take the door on the right and proceed to the registration desk.

Your responsible person/ride will be given a pager upon arrival as our way to keep in contact with them.

You will be brought back to a room and your nurse will:

- Have you change into a hospital gown
- Check your blood pressure, pulse and temperature
- Start an IV
- Give you any prescribed medications
- Your surgeon will meet with you and mark the surgical site, if applicable
- Your anesthesiologist will meet with you to assess your health and make an anesthesia plan
- For your safety you will be asked many times to confirm your name, procedure you will be having and body part to be operated on and whether it is on the right or left, if applicable.

After your procedure

You may spend time in the recovery room where a nurse will check your blood pressure, pulse and temperature frequently and give you medication as needed for side effects of your procedure.

When appropriate you may have one visitor for a few moments.

Same Day Surgery: If your procedure is “same day,” you will be transferred to another room when appropriate for further recovery and to prepare for discharge.

Prior to discharge you can expect to receive:

- Instructions for care at home
- Any needed prescriptions to be filled at your pharmacy
- Phone numbers to call for questions
- Follow up appointment times as needed

Overnight Stays: If your procedure requires you to stay overnight or longer you will be transferred to a room on Howell Pavilion, our inpatient unit.

Following your surgery you may not be able to have solid foods for the first 24-48 hours. Your diet will be increased as tolerated. During this time you may be given ice chips or sips of clear liquids.

All patient rooms are private.

You may work with the rehabilitation team in order to get yourself ready to go home.

Prior to your discharge you will also receive:

- Instructions for care at home
- Any needed prescriptions to be filled at your pharmacy
- Phone numbers to call for questions
- Follow up appointments as needed

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