

# Care Gram

# Preparing For Surgery

## Adults

### **Welcome**

Thank you for choosing Licking Memorial Health Systems for your procedure. Please read the following information carefully.

### **Preadmission Testing (Before Surgery)**

Your doctor may have scheduled you for pre-admission testing. Pre-admission testing helps prepare you for your procedure and may include:

- A consult with a member of the anesthesia team or nurse practitioner
- Lab tests
- EKG
- X-ray
- Other procedures ordered by your doctor

If you do not have an appointment for pre-admission testing, please schedule one yourself if you have:

- Questions or concerns about anesthesia
- A chronic health problem or take many medications
- Insulin-dependent diabetes

Please call Central Scheduling at (220) 564-4722, from 8:00 a.m. to 5:00 p.m., Monday through Friday, to schedule a pre-admission visit.

### **The Day Before Surgery**

You will be contacted by a nurse on the day before your surgery to let you know what time your surgery is scheduled and what time to arrive. It is very important that we have a current telephone number for you. If you have not heard from the Hospital by 3:00 p.m., please call (220) 564-7245. A patient having eye surgery will be notified of their surgery time by their surgeon.

### **The Evening Before Surgery**

- Do not eat, drink or chew anything after midnight on the morning prior to your surgery. This includes gum, hard candy or mints.
- If you have been told to take any of your medications, only drink enough water to swallow your pills.
- Do not smoke after your evening meal.
- Follow the bathing instructions given to you by your surgeon.
- Plan to have another responsible adult accompany you to the Hospital and drive you back home.



**Licking Memorial  
Health Systems**

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Page 1 of 3

- Do not drive for 24 hours after surgery.
- Plan to have someone stay with you for 24 hours after surgery.

### **The Morning of Surgery**

- Do not eat or drink anything during the morning of your surgery, including chewing gum, mints or candy.
- Do not smoke or use chewing tobacco.
- Take any medicines that you were instructed to take with a small sip of water.
- You may brush your teeth and use mouthwash, but do not swallow it.
- Remove makeup, hairpins, tampons, body piercing and jewelry.
- Leave any valuables at home or with a family member.
- Please remove contact lenses.

### **Forms to Bring**

- Preoperative questionnaire that you received from your surgeon — you also can fill this out online
- A copy of your advance directives, living will, and/or healthcare power-of-attorney, if you have one
- A copy of the papers for Ohio's Do Not Resuscitate (DNR) or DNR/Comfort Care Program, if you are enrolled
- Your insurance, Medicaid, and/or Medicare card
- Driver's license or photo ID

### **Where to Go on the Day of Surgery**

Enter the Hospital through The John and Mary Alford Surgery Pavilion located between the Emergency Department entrance and the main Hospital entrance. Take the gold elevators to the second floor.

Your family and friends may wait in the lobby during your surgery. Our electronic board system will help them track your progress through surgery. Your surgeon will speak to them after your procedure is finished.

### **Preparation**

Once you have checked in, you will be taken to your room and prepared for your surgery.

You will be given a Hospital gown and sock slippers to wear. Please remove all of your undergarments. Your belongings will be placed in a bag and locked in a patient locker.

Give your valuables to your family/friend or have them locked in the Hospital safe.

Tell your nurse if you need to wear dentures, partial plates, eyeglasses, or hearing aid(s) in order to talk to the anesthesiologist. If you brought your own case for them, take that with you to surgery. Be sure it is labeled with your name. Otherwise, the nurse will label containers for these items with your name and the date of your surgery.

Try to use the restroom before you are taken to surgery.

### Pre-Op Area

Your surgeon will mark the side or site of your surgery prior to your procedure. For safety reasons, you will be asked several times about the correct side or site.

You will need to sign any remaining consents for your surgery. Your surgeon and anesthesia provider will explain the risks and benefits of your procedure, and alternatives to your procedure. Ask any questions you may have before you sign consent forms.

Your remaining time in Pre-op:

- Your vital signs (temperature, heart rate, breathing rate, and blood pressure) will be monitored.
- The nurse or anesthesia staff may start an IV in preparation for your surgery.
- IV medications may be given to help you relax.
- A small sensor will be placed on the tip of your finger or toe to check the amount of oxygen in your blood.
- Your hair will be covered with a paper cap.
- For safety, you may have your surgery site shaved with a clipper to remove hair.
- Again, for your safety, the nurse will verify the site of your surgery procedure with you and check your identification bracelet.
- Your family will be directed to the surgery waiting room.

### Your Surgery

You will meet your surgery nurse before you are taken to the operating room. He or she will do a final check of the chart and verify the correct side or site for your surgery. Once in the room, the nurse will help you move onto the surgical table and provide you with a warm blanket. Before you drift off to sleep, several monitors will be placed to watch you throughout your procedure.

### After Surgery

You may be taken to the recovery (phase 1) area. After you are awake and comfortable, you will be transferred back to the post-operative area where you can see your family and friends. You will be able to eat and drink at that time.

### Discharge to Home

When you are ready for discharge, your nurse will review your discharge instructions with you and your family member/friend.

### You must have a responsible adult with you for 24 hours after surgery.

Call your surgeon immediately if you have:

- Severe pain
- Vomiting
- Fainting
- Severe or continuous bleeding
- Fever
- Trouble urinating
- Any problems or concerns

Licking Memorial Health Systems complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1 (220) 564-4006 (TTY: 1 (220) 564-4729).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1 (220) 564-4006 (TTY: 1 (220) 564-4729)。