

Preparing for Your Surgery

Safety First

Your safety is our highest priority. We will proceed with your surgery only when it is safe to do so.

To ensure your safety, please do the following (unless otherwise instructed by your surgeon):

- Do not eat or drink after midnight;
- Designate a driver who is responsible for taking you home and staying with you overnight after the surgery;
- Do **not** use lotions, do **not** shave, and do **not** wear jewelry, including piercings.

Need to reach us?

Day Surgery:
261-5975; 261-6440/FAX
Registration:
265-3300, ext. 4414
Scheduling:
261-5240
Pre-Surgery Nurse:
265-3300, ext. 4009

Welcome!

We realize surgery may be a new experience for you, so we've created this information packet to better prepare you and your support person(s) for your surgical procedure. Our goal is to make you as comfortable and as safe as possible before, during, and after your surgery. Please feel free to ask questions at any point during your stay with us. You may receive a survey after you go home; we hope you'll rate your experience as "very good."

How much time will I spend at the Hospital?

For some surgeries, expect to spend the better part of the day with us. Please remember that your check-in time is not the expected time of surgery; we need time with you here at the hospital before your surgery to prepare you. We will not delay your surgery unnecessarily; however, due to the complex nature of surgery, and due to unexpected emergency surgeries, you may experience occasional necessary delays. We will keep you and your family informed at all times, and we appreciate your understanding and patience.

Do I need tests before surgery?

Once your surgery is scheduled, your surgeon may ask you to complete some pre-surgical testing. This may include laboratory tests, EKG/X-rays, and a medical clearance with your family physician. Your surgeon will tell you which tests are needed. To proceed safely with your surgery, you'll need to complete these tests and have the results sent to your surgeon's office and the CPH surgical services unit (FAX 315-261-6440) prior to your surgery.

Do you need to interview me?

You will be scheduled to speak with a nurse for a telephone or in-person interview based on your individual surgical needs. Your doctor will notify you by letter or by phone when and how the interview will take place. If the time is not convenient, you may reschedule it by calling CPH Central Scheduling at 315-261-5240.

What do you need to know?

During the pre-surgical interview, we will review your medical history with you. Please have a list of your previous surgeries and all medications you currently take, as well as how often you take them, and the dose. Don't forget over-the-counter medications, vitamins, or herbal supplements/preparations. The information we gather will help us prepare for your care; you will have the opportunity to ask questions or to tell us your concerns.

Preparing for Your Surgery, cont'd

How do I register for my surgery?

A member of our registration team will attempt to contact you by phone to pre-register you. If you are pre-registered, you will be able to proceed directly to the surgery floor (4th floor) of the Hospital on the day of your surgery. The caller will verify your insurance and contact information. Please have your insurance cards on hand and prepare to provide the names and phone numbers for two (2) people we can contact in case of emergency.

What do I do if no one has called to pre-register me?

If you haven't heard from a member of our registration team and your surgery is scheduled to take place within the next two days, please call registration at 315-265-3300, extension 4414 to register.

What if I need to cancel my surgery?

If you develop a cold, fever, persistent cough, infection, or become ill within 48 hours before your scheduled surgery, or you need to cancel for any reason, contact your surgeon's office.

How can I arrive prepared for surgery?

1. Follow these instructions, and follow any additional or custom instructions your surgeon/doctor gave you.
2. Do not eat or drink anything after midnight before your scheduled surgery. Just say no to food and drink, including hard candies, toast, crackers, juice, sports drinks, and water (even a tiny bit may mean we have to cancel your surgery). If you are diabetic, or if you are taking medications, contact your doctor and follow his/her instructions carefully. You may find it helpful to put a note on the fridge and the sink the night before your surgery to remind you not to eat or drink.
3. Arrange for a responsible adult to drive you to and from your same-day surgery, and to stay with you overnight (choose someone you like!)
4. Prevent infection by doing the following:
 - a. Use the pre-surgical antiseptic wipes as instructed (if you were given them) or bathe/shower before arriving.
 - b. Do not apply lotion.
 - c. Do not shave near or at the surgical site at home unless instructed to do so.
 - d. Do not wear make-up, jewelry (including watches, earrings, rings, temporary tattoos, or piercings/accessories).
 - e. Wash hands frequently with warm soap and water, and insist that caregivers do likewise.

Preparing for Your Surgery, cont'd

How do I check in on the day of my surgery?

Parking

Parking is available in the main lot of the 50 Leroy Street facility, or in the lot adjacent to 25 Cottage Street. Free valet parking is available from 6 a.m. to 4 p.m. daily.

Check-in

Stop at the “Information” window on the first floor at the bottom of the ramp (to your left). Occasionally, your doctor or anesthesiologist may order blood work for the day of your surgery. If this is the case, the information window operator will direct you to the lab. Please identify yourself as a patient having surgery when you stop at the lab. Otherwise, you will be directed to the 4th Floor Same-day (ambulatory) Surgery unit. Take the single silver elevator at the end of the main hallway that runs past the lab.

Paperwork

When you arrive on the 4th Floor, please stop at the registration desk to complete paperwork. The desk is a semicircular podium to the right after you step off the elevator.

I brought my driver/support person; where should they wait?

Two persons accompanying you may stay with you in your pre-surgical suite until you are wheeled to the operating room. Visitors, friends, and relatives are not permitted in the operating suites, and may await the completion of your surgery in the comfortable lounge near the desk (this lounge can get busy; please bring only your dearest support persons). People accompanying you on the day of your surgery may also wish to wait in the cafeteria or browse in the gift shop. A nurse will notify your friend/relative/support person when you can be seen. Your driver/support person should speak to the nurse to ensure he/she understands instructions for your care.

What can I do to assist in my own recovery from surgery?

Your nurse will give you a copy of your *Personal Recovery Plan*. You should share this plan with your driver/friend/relative who accompanies you to surgery. If you have questions about your *Personal Recovery Plan*, call your doctor’s office or call Surgical Services at 315-261-5975.

Thank you for allowing us to serve you.
Is there anything else we can do for you today?