



About Your Surgery

Day or outpatient surgery allows patients to be in and out of Inland Hospital in one day, so that less time is spent away from home and normal activities.

The following information will explain the day surgery process so you will feel more comfortable when you have your operation. If you have further questions, please feel free to ask your physician or the hospital staff by calling the outpatient surgery department at **861-3255 between 7 AM and 2 PM.**

Before Your Surgery

Your surgeon will schedule your procedure. **If for any reason you must postpone or cancel it, please notify your surgeon and the hospital (861-3000) as soon as possible.**

You will be called by the Pre-op Nurse prior to surgery. She or he will review your health history, discuss the pre-op instructions which include what medicines to take, food and drink, and any special needs you may have. Feel free to ask questions at this time. You will be sent a copy of these written instructions if time permits.

The afternoon prior to surgery, the day surgery nurse will call you and confirm your time of arrival the following day. Feel free to ask questions at this time also. Or you may call at any time and talk to a nurse at 861-3255.

The anesthesiologist will talk with you the morning of surgery. You should ask any questions you may have about anesthesia then. Or you may call the anesthesia department directly at 861-3250 if you have unanswered questions. Some types of surgery may require a pre-op visit with the anesthesiologist.

A pre-operative visit is required on all total joint replacement procedures. An anesthesiologist, Occupational/Physical Therapist, Nursing Unit representative and Social Services representative will meet with you for educational and assessment purposes. This will assist you in your post-operative course.

Tell your surgeon if you are taking the following medications:

- Diuretics (fluid pills) for high blood pressure
- Heart medication
- Aspirin, Coumadin, Heparin or other blood-thinning medications
- Diabetes medication
- Antacids
- Diet medications
- Herbal or food supplements

If your doctor requests that you meet with the anesthesiologist before the day of surgery, the pre-op nurse will schedule that appointment. The nurse may be reached at 861-3253.

Some patients may be asked to come to the hospital for tests in advance of the surgery or on the morning of the surgery. **If you need to have an EKG or other tests the day of your procedure, please arrive at least 30 minutes before your scheduled time in day surgery.**

REMEMBER: No solid food after midnight. You may have up to 8 ounces (one glass) of clear liquid until two hours before surgery.

Also, please remember:

Shower or bathe prior to arrival. Wear loose, comfortable clothing to allow for dressing (sweat suits are most comfortable).

IMPORTANT: ARRANGE FOR TRANSPORTATION. Your full recovery will take more than a few hours, so you will need a close relative or responsible adult over the age of 18 to drive you home and be available by phone on the day of your surgery. Without such an arrangement, your procedure will have to be cancelled.

It is very important for you to observe all of these instructions to ensure an uneventful surgery and a quick recovery.

After Your Surgery

After your surgery, you will be taken to the recovery room in the operating suite and later to the Day Surgery area to rest until you are ready for discharge.

Occasionally there may be circumstances which make it necessary to admit you to the hospital following surgery. Please be prepared to stay in the hospital if your physician decides it is in your best interest.

Before you leave, a nurse will give you written instructions to follow at home and a prescription for any medicine the doctor orders. Be sure to follow these instructions carefully and ask about anything that is not clear to you.

For 24 hours after surgery, you must not drive an automobile or operate machinery. Do not drink alcoholic beverages or smoke. It is normal to feel a little dizzy and sleepy for several hours after your operation.

Please feel free to ask any questions you may have at any time before, during or after your stay at Inland Hospital.

What to Bring, What NOT to Bring

What to bring:

- Social Security number and your spouse's social security number if your insurance policy is in your spouse's name
- Your insurance company's numbers, forms or cards
- Medicare or Medicaid payments, if applicable
- A list of current medications, including dosage and times taken
- Inhalers
- Contact lens case and solutions; eyeglass case; hearing aid case

What not to bring:

- Do not bring a lot of money.
- Do not wear jewelry including body piercing jewelry such as belly or tongue rings (wedding rings are the exception unless your procedure is to be on your left hand).
- Do not wear make-up, skin cream or fingernail polish.

Just for Children

Please bring your child's favorite blanket and/or toy. Feel free to bring your child to the outpatient department for a tour. This will help to relieve anxiety - a normal feeling at this time. Please call Day Surgery at 861-3255 to arrange a tour.

Please remember

At Inland Hospital we are proud of our commitment to patient satisfaction. You may receive a questionnaire in the mail asking your opinion of the care you received during your stay. Please take a few moments to fill it out and mail it in the pre-paid envelope. In order to provide the best possible care for our patients and their families it is important that you let us know what we do well and where there are opportunities for improvement.

Inland Hospital is a tobacco-free facility. Thank you for not smoking in our buildings or on our grounds.