

GETTING READY FOR SURGERY



BROOKS

MEMORIAL HOSPITAL

Name: _____

Questions You May Have Concerning Surgery

Why do I need to have surgery? Can I wait?

Can a friend stay with me the day of surgery?

What are the risks of this surgery?

Benefits of surgery?

What will happen during this surgery?

When will you talk with me about how the surgery went?

To Get Ready for Surgery

Have a physical exam.

They will ask about

- Your health and the health of your blood relatives.
- Any prescriptions and over the counter medications, vitamins, minerals, or other remedies you use.
- Any allergies you have to:
 - Food
 - Medications
 - Latex or rubber products
 -
- Your eating and exercise habits and any use of tobacco, alcohol or other drugs.



Have Lab and other tests

- Blood tests
- Urine test
- X-rays
- EKG to check your heart's condition

Talk to Your Health Care Provider About the Medications You Take

Don't stop your medication unless you are told to!

If you exercise continue to do so.

Eat healthy foods.

Stop smoking, if you smoke.



Report any changes in your health.

Make sure the doctor knows of any changes in your health.

Remember, nothing is too small.

- Cold
- Sore throat
- Fever
- Skin problems
- Rash
- Bleeding

You may donate your own blood if your doctor wants you to.

Ask questions to find out.

Plan for Your Stay at Home

- Ask a loved one to stay with you if you live alone.
- Keep emergency numbers by your phone.
- Keep commonly used objects within easy reach.

Make sure you arrange for a ride home.



Consider Making Advance Directives

- **Advance directives are legal documents.**
- **You can give directions about your future care.**
 - Your doctor and Brooks Memorial Hospital can keep these on file.
- **There are two types:**
 - Living wills are written instructions that explain your wishes regarding health care if you can't make your own decisions.
 - Advance directives allow you to put someone in charge of your health care.

I have Advance Directives

◇ Yes ◇ No

If yes, who has a copy? _____

Everyone is Nervous

When They Are Facing Surgery

Try to RELAX

- **Being informed about your surgery will help.**
- **Try deep breathing**
 - Sit or lie down, place one hand on your abdomen.
 - Breathe slowly through your nose, concentrate on filling your lungs with air and feeling your abdomen rise.
 - As you exhale slowly push all the air from your lungs, your abdomen will fall.
 - Continue until you are calm and your breathing is slow and rhythmic.

Other ways to relax

- *Sit in a comfortable chair, think of a peaceful scene; anything that gives you joy.*
- *Listen to quiet music.*
- *Look to family, friends and others for support.*
- *Knowing people that are available to help and support you may help you stay calm.*
- *Let your family know how they can help you before and after surgery.*



Things to Bring to the Hospital

- Insurance cards
- Advance Directives
- List of all medications, supplements, other remedies you take.
 - (You may be asked to bring them with you.)
- Name and phone number of someone you know to contact about your condition.
- Case for holding personal items, eye glasses, contacts, dentures.
- Toothbrush and toothpaste.
- Comb or hair brush.
- Slippers with non-skid soles.
- Robe.
- Magazine or book.
- Loose comfortable clothing to wear home.



Leave your valuables at home

The Day of Surgery

- Shower or bathe before you come to the hospital.
- When you get here you may sign consent forms.
- Put on an ID bracelet and hospital gown.
- The nurse may have you put on special stockings.
 - These will help with circulation in your legs.
- Have your vital signs checked
 - Blood pressure
 - Temperature
 - Pulse
 - Oxygen
- Take medications
 - These may help you fall asleep.
- Have your skin near the incision site cleaned.
 - This area may be shaved.
- Receive an IV (Intravenous line)
 - This will help you get needed fluids during surgery. Also you may get medications through this line.



ARRIVE AT BROOKS MEMORIAL HOSPITAL

Date _____

Time _____

Other instructions _____

Informed Consent

Read all your forms carefully or ask the healthcare provider to read them to you. You must give your written permission for your surgery to take place. Informed consent can help ensure you make the best decisions about your care.



Informed Consent

- Is an important patient right. It helps you to understand the information you need to make decisions about your medical care.
- It allows you to accept or refuse treatment

Informed consent involves talking with your health care provider.

- They will talk about your diagnosis or condition.
- Why surgery is recommended.
- What will take place during surgery.
- The risks and expected benefits of surgery.
- What to expect after surgery.
- Other treatment options.

Learn About Anesthesia Options

General anesthesia

- You will be in a deep sleep during surgery. Medicine will be given to you by IV and or inhaled as a gas. The medicine travels to your brain.
- You will feel drowsy or dizzy. You'll lose consciousness.
- Your body functions will slow down. You'll be given oxygen through a face mask.
- Your anesthesia specialist will carefully monitor your heartbeat, temperature, and other vital signs throughout your surgery.

Other types of anesthesia

- Regional Anesthesia - This can block feeling in a region of the body.
- Nerve Blocks - the anesthetic is injected into the nerve cluster.
- Spinal - anesthetic is injected into the spinal fluid of the lower back.
- Epidural - anesthetic is injected into the lower back near the spinal fluid with regional anesthesia. You are awake but will be sleepy.
- Local Anesthesia - This numbs only a part of your body. It is usually used for simpler procedures and lasts about an hour. Local anesthesia may be:
 - injected into the skin
 - applied to the skin, eyes or mouth as a spray, drops, or ointment.

Have you had anesthesia in the past?

Yes No

Have you had any negative experiences with anesthesia?

Yes No

If yes, please list the types of anesthesia and briefly describe your experience: _____

In the Operating Room

- Usually members of your surgical team will wear gowns, masks, hair covers and shoe covers. Some may wear special glasses or face shields.
- You will be positioned on a padded narrow bed or you may stay on the stretcher you were wheeled in on. Safety straps will remind you not to move a lot on the bed. The room will be cool. The nurse will give you warm blankets. The nurse may put “sleeves” on your lower legs. This will help with circulation when you are sleeping.
- Monitors will be placed on your body to closely monitor your vital signs. You will have your heart monitored as well as your blood pressure. In addition, you will have what looks like a clothespin on your finger to monitor your oxygen levels.
- The Surgical Scrub Team usually includes your surgeon and possibly his/her assistant.
- A scrub nurse will prepare the surgical instruments and help with the operation.
- A circulating nurse will ensure that everyone follows sterile procedures and that all needed equipment and supplies are available.
- An anesthesia specialist will give you anesthesia and carefully monitor your condition.
- Other technicians may help out as needed.



After Surgery You Will Spend Time in the Recovery Area

After surgery you may have some or all of the following:

- Dressing - a dressing covers and protects your incision.
- An oxygen mask or tube - you may have a mask over your mouth or a tube placed just inside your nose to give you oxygen.
- An IV line - may deliver pain medications or fluids to replace those lost during surgery.
- A catheter - will drain your urine until you're able to go to the bathroom on your own.
- Monitors and other devices - nursing personnel use these to check your vital signs and monitor your recovery.

You may have some side effects from your surgery & anesthesia:

- Drowsiness - If you had general anesthesia, your hearing may return before you can speak or open your eyes. Noises may seem louder.
- Nausea, vomiting, gas, or headache - If you have any of these symptoms, tell your nurse and she/he will medicate you. You may be asked to change positions.
- Sore throat, dry mouth, or thirst - If a breathing tube was inserted, your throat may be sore or dry. You may be offered ice chips or a cold cloth to wet your lips.
- Shivering - The operating room is usually very cool. A nurse will give you a warm blanket & may take your temperature frequently.
- Soreness or discomfort - After laying in one position for a long time you may be sore or uncomfortable. You may have pain at your incision site.

Your Pain

The nurse in the Recovery Area will ask you if you are having any pain. They will ask you on a scale of 0-10; zero being no pain and 10 being terrible pain. They may show you pictures of faces for you to indicate how much pain you are having.



You may be asked to describe your pain

- *How severe is your pain?*
- *What makes your pain better or worse?*

- If you are having any pain, let your nurse know. The nurses are in the Recovery Area to take care of you. They want you to be comfortable.

- Your pain medications may be offered in different ways.
 - Your doctor may order you to take pills. They could be over the counter medications such as aspirin, acetaminophen, or ibuprofen.
 - You may have prescription medications for pain.
 - You could possibly have an epidural catheter or IV medication.
 - Your doctor may order a PCA. This is “patient controlled analgesia”, a pump that allows you to give yourself doses of pain medication through an IV. *Don't worry; you cannot give yourself too much.*

- Before you go home make sure your doctor and nurses know about the over the counter medications, vitamins, minerals, herbal supplements or any other remedies you take. Be sure to let them know if you have food allergies or allergies to medications.
- If you drink alcohol let your doctor know. Alcohol can interact with your medications.
- Take your medications as instructed.
- Do not stop taking your medicine or adjust your dose without speaking to your doctor.
- Ask your doctor or nurse about possible side effects.
- Sometimes pain can be relieved without medications.
 - Hot or cold treatments
 - Changing positions (ex. from lying to sitting)
 - Distractions - talking with a loved one, reading or listening to music
 - Using relaxation methods



What about Visitors?

Your loved ones are usually asked to stay in the waiting room. Health care personnel will inform them of your progress. In some cases, a loved one can visit for a few minutes once you are awake.

You Will Be Instructed About Coughing & Deep Breathing Exercises

- Breathe in slowly and deeply through your nose
- Hold your breath for a count of 3
- Breathe out slowly
- Repeat this several times
- Do this before your meals and in between mealtime

Coughing helps clear out secretions from your air passages

- *Take a deep breath*
- *Cough 2 times*
- *Practice this during the day*

Other Techniques to help relieve discomfort and speed healing

- Hug a pillow against your body
 - This will help prevent pain and discomfort around your incision.
- You may use a spirometer
 - This is a special device to help you breathe deeply.

- Ankle pumps

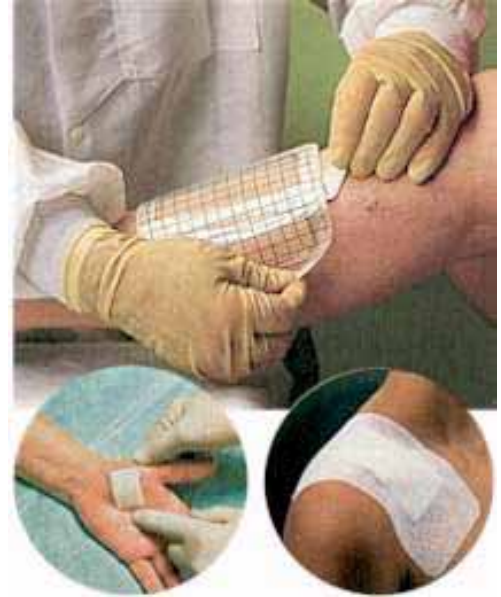
- Lie on your back with your legs slightly apart.
- Keep your feet straight, toes pointed up.
- Point your feet down then back up.
- Do this slowly 4-5 times.
- Practice this in the morning, afternoon, and the evening.



- Turn in bed and change positions often

Caring For Your Incision

- Change your dressing every _____ hours.
- Wash hands frequently.
- Remove your old dressing carefully - follow the instructions below.



Supplies you may need

Check your incision for

- Redness
- Swelling or hardness
- Warmth
- Odor
- Pus

When It's Time to Go Home, We Will Give You Special Instructions

Call the hospital or your doctor if you have:

- A fever higher than 101 degrees
- Bleeding at the incision site, or if your incision opens
- Numbness
- Severe pain
- Lasting nausea or vomiting

Important numbers



**We want your surgery and your recovery time
to go smoothly!**

This booklet provided as a free patient service



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