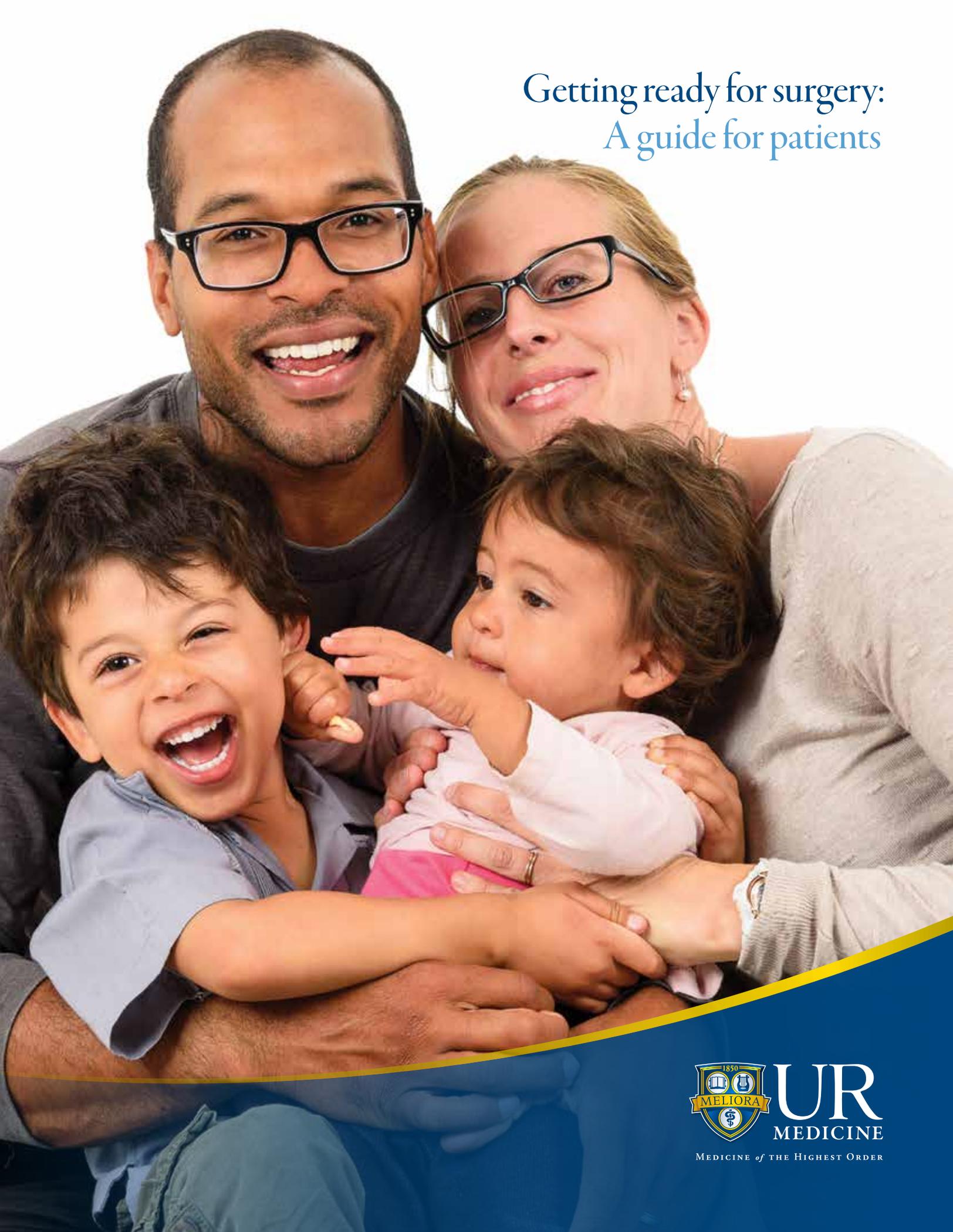


Getting ready for surgery:
A guide for patients



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MEDICINE

MEDICINE of the HIGHEST ORDER

Welcome to the Surgery Center at Sawgrass.

Feeling anxious about surgery is natural. But we're here to help.

Having surgery is a big deal. So it's natural to feel anxious, to have questions—and to want to understand exactly what's going on.

This booklet is here to help. It contains all the information you need to feel more comfortable about your upcoming surgery.

Read it over, and use our helpful checklists to be sure you have everything covered. It will help you to come in feeling confident and totally prepared on the day of your surgery.



Dr. Sonia Pyne,
Director of Anesthesia

Dr. Michael Maloney,
Medical Director

Getting Ready for Surgery

Pre-Surgical Screening

Before you have your surgery, you will get a call from our pre-surgical screening nurse. During this call, you will discuss your medical history and which medications you're currently taking.

Make sure you pay close attention—and keep a pen or pencil handy—because this is when you will learn which medications you need to stop taking before your surgery.

You may need to meet with an anesthesia provider before your surgery. If you need to be seen, our scheduler will give you a call and arrange a convenient time to meet with a member of the anesthesiology team.

Medication Restrictions

Medications and supplements can have amazing benefits for your health. But you may have to stop taking them before your surgery. The pre-surgical screening nurse will discuss this with you. In the meantime, here are a few guidelines to keep in mind.

Unless otherwise specified by your surgeon, please do not take anti-inflammatory medication like Aleve, ibuprofen or Motrin. These medications pose a bleeding risk and should be stopped at least five days before your surgery. If you are not sure whether you should stop a medication, please call your surgeon's office.

Anticoagulants or blood thinners like aspirin, Coumadin, Plavix and Heparin also pose a bleeding risk. If you take these medications, make sure you tell your pre-screening nurse and talk to your doctor about when you should stop taking them prior to your surgery.

Stop taking herbal supplements or vitamins at least two weeks before your surgery. These products contain unregulated amounts of active ingredients and can have unplanned side effects on a surgery.

Food and Drink Restrictions

What you eat before your surgery might not seem that important, but remember: every part

of surgery is important. So make sure you follow food and drink restrictions to the letter. Otherwise your surgery may have to be delayed—or even cancelled—for safety reasons.

Here are the most important things to know:

- We will call the day before your surgery between 2 to 5 p.m. We will provide you with your arrival time and detailed instructions on what time you need to stop eating and drinking.
- Make sure you follow your eating and drinking instructions exactly. Otherwise your surgery may be delayed or cancelled.
- In general, patients cannot have anything to eat after midnight—this includes candy, gum and lozenges. Some patients may be asked to stop eating at an earlier time.
- Adults may have clear liquids up until four hours before arrival time.
- Clear liquids include water, apple juice, colas, Gatorade and Pedialyte.
- Pediatric patients may have clear liquids up until three hours before arrival.
- Dental patients may not have anything to eat or drink after midnight.
- Formula-fed infants may have formula up to six hours before arrival time.
- Breast-fed infants may have breast milk up to four hours before arrival time.
- Call the Surgery Center at 585.242.1401 if you have any questions.

What to Bring to Your Surgery Necessary Items

These items are necessary for you to have your surgery. Make sure you bring all that are applicable to you.

- Photo ID
- Insurance card
- Prescription card
- Advance directive (if you have one)
- Court-issued guardianship document (for legal guardians)

- CPAP mask (if you have sleep apnea)
- Support equipment if you have it (sling, knee brace, crutches, cane, walker)
- Loose-fitting clothing
- Dentures, hearing aids, glasses and other necessities

Additional Items for Children

These items will make your child feel more safe and relaxed going into surgery:

- Comfort item like a pacifier, blanket, pillow or toy
- Electronic games (yes, we do have Wi-Fi)
- Extra set of clothes including underwear in case of accidents
- Diapers or Pull-Ups
- Sippy cup or bottle with formula or a favorite juice for after surgery

Items to Avoid

Contact Lenses

Contact lenses are easy to forget about and can cause injury if left in during surgery. Make things easier on yourself: wear your glasses. If you choose to wear your contacts, you will be asked to remove them before going into the OR.

Jewelry

All jewelry and piercings need to be removed prior to your arrival. This includes your wedding ring. Jewelry presents a risk of injury during surgery and isn't always easy to remove in an emergency.

Perfume, Body Lotions, Makeup and Fake Eyelashes

Substances that you wear on your body can get inside the surgical site and cause infections or other complications. Wash everything off the night before your surgery, especially any eye makeup.

Additional Pre-Surgery Notes

Illness

If you're feeling sick before your surgery, call your surgeon's office immediately.



Pediatric Facility Tours

Just like the rest of us, children can be frightened by what they don't understand. If your child is feeling nervous about an upcoming surgery, you can schedule a tour of the facility to help ease your child's fears. Call 585.242.1401 to arrange for a tour.

Making Arrangements

A surgery's success is decided by what happens outside the operating room, too. Save yourself the trouble of trying to do other things when you should just be recovering. Make these arrangements before your surgery:

Adult Patients

Figure out how you will get home.

You will need to be supervised following anesthesia. You will not be able to drive yourself home. And even if you plan on taking a cab or taxi, you will need to bring someone along with you to make sure you get home safely. Call a family member or friend

today and make sure you have a way to get home from the surgical center.

Arrange childcare for children under 14.

Younger children are not allowed in the treatment areas and can't be left unsupervised in the waiting room. Arrange for a babysitter or drop your child off with a family member or friend before you have surgery.

Pediatric Patients

Decide who will stay at the center during your child's surgery.

At least one parent or legal guardian will need to stay in the building for your child's surgery to be on hand for updates and decision-making.

We recommend having two adults available for the ride home.

Your child will most likely feel tired and weak after his or her surgery. We recommend having two adults on hand for the ride home—one to drive, and one to care for your child.

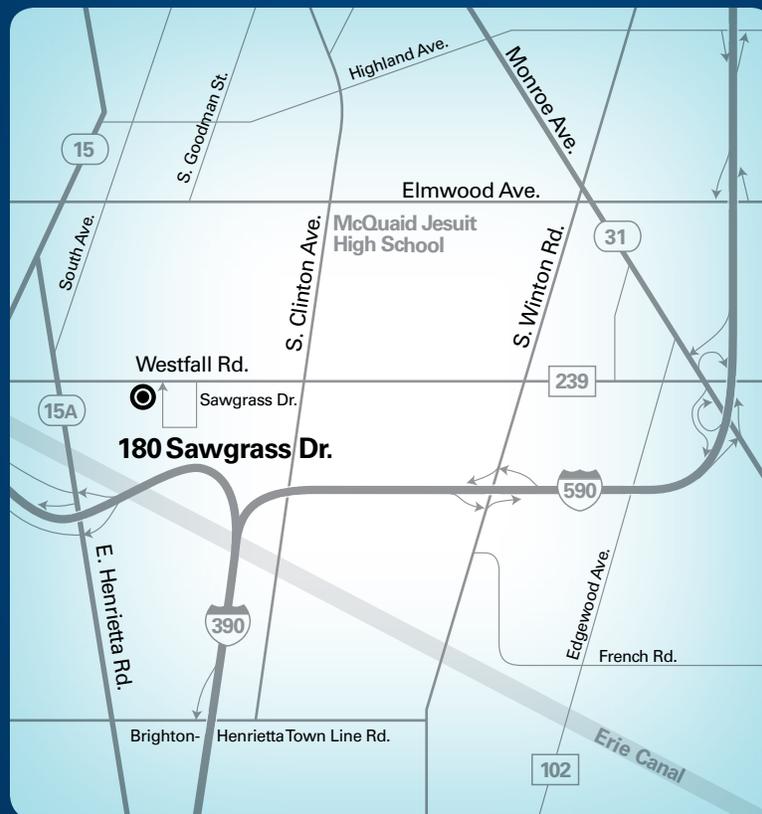
We're here for you.

You can do this. And remember: we are always here to help.

Thank you for trusting us to perform your surgery. If you have any other questions or would like more information on your—or your child's—surgery, please refer to the contact numbers below.

Contact Numbers

Surgery Center at Sawgrass	585.242.1401 ▪ 585.242.1402
Surgery Center at Sawgrass FAX	585.473.8828
Pre-Surgical Screening Department	585.242.1410
Guest Services Department	585.275.7581
Pediatric Tours	585.242.1401



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