

# What to Expect: Ambulatory Day Surgery

## Scheduling Surgery/Procedure

Your physician's office will arrange for the surgery to be scheduled at the hospital. They will also schedule pre-admission tests if needed. If you are having any kind of anesthesia or sedation, you will be contacted by a pre-admissions nurse to discuss and update your medical history, current medications, allergies, and provide the necessary instructions.

## The Day Before Surgery/Procedure

Many procedures require patients to refrain from eating or drinking in the hours prior to surgery. Please follow the instructions given to you by your physician, anesthesiologist, or pre-admission nurse regarding food, drink, medications, and any change in your physical condition. Between the hours of **9 a.m. – 1 p.m.** on the day before surgery, please call the **St. James Hospital Surgical Services** at **(607) 247 - 2333** to receive your arrival time for surgery.

## Bathing and Personal Hygiene

Before your surgery you play an important role. Because skin is not sterile, please follow these instructions:

- If you are given a special soap or wipes to use by your Doctor's Office, our Pre Operative Nurse will give you instructions on how to use them.
- Shower or bathe the night before and morning of your surgery, including washing your hair.
- Do not shave your body where the surgery will be performed
- Perform oral care the day of surgery and clean under your fingernails.
- Wear clean, comfortable clothes to the hospital.
- No jewelry is to be worn the day of surgery. Including piercings.
- No makeup, no nail polish or acrylic nails, no lotion, no powders, no deodorant.
- All care-givers should wash or use an alcohol based gel to clean their hands before they touch you. It's okay to ask a care-giver to wash or gel their hands.

## The Day of Surgery/Procedure

**What to bring:** Wear loose fitting comfortable clothing to the hospital. If an overnight stay is expected, a small bag with personal care articles, a robe and slippers may add to your comfort.

**Where to go:** Patient parking is located in front of the hospital on Seneca Road. The Surgical Services Department is on the second floor to the left of the patient elevators. At the reception desk just inside Surgical Services, you will register for your procedure.

**Pre-Surgery:** Your family members will be asked to stay in the waiting room while the nursing staff assist you getting into the proper attire, establishing an IV, and preparing your surgical site if required. Once settled in, the nurse will allow family to join you until your surgery. You will be visited by the anesthesia provider, the surgeon, and the circulating (OR) nurse prior to heading into surgery, to complete any paperwork and mark your skin in the area being worked on.

**Pre-Sedation:** Once you are taken to surgery, nursing staff will take measures to make sure you are comfortable, warm and safe throughout your stay. Your family will be escorted back to our waiting room until after your surgery.

## Recovery

**Post Surgery/Procedure:** You will be taken to our recovery area(s) to wake up. Nursing staff will attend to you and help manage any pain, discomfort, or nausea you may be experiencing. If the intention of the surgeon is for you to go home, once you meet the specified criteria you will be escorted out to your vehicle with your driver.

**Days After Surgery/Procedure:** Regardless of the procedure, it is recommended you rest for the remainder of the day. Please follow any discharge instructions from your surgeon. A Few days after your surgery/procedure you will receive a post operation call from our nurses to check on you and answer any questions you may have.

*Thank you for choosing St. James Hospital  
for your procedure.*

*If you have any questions, please call us at  
(607) 247 - 2333.*