



## Preparing for surgery

Your doctor has determined that surgery is needed as part of your treatment plan. Most patients and families are understandably anxious about having surgery. You might have many questions. Please do not hesitate to discuss with your doctor or nurse any concerns that you may have, or note them on the back of this brochure.

## Consent form

Your surgeon will explain the details of your surgery, including risks and benefits. He or she will ask you to sign a consent form. The consent form gives your surgeon permission to perform the surgical procedure he or she discussed with you. It is important that you ask questions so that you will have a good understanding of the surgery.

## Time of surgery

You should call St. James Mercy's Surgical Dept. at 607-324-8840 the day before your surgery between 9am and 1pm to confirm your time. If your surgery is on Monday please call the Friday before.

On your day of your procedure please come directly to Patient Registration when you arrive for your procedure.

## Anesthesia

The anesthesiologist is a physician whose primary objective is to make your operative experience comfortable, by offering various options that you will discuss at the "pre-op" RN phone conversation. You should tell the anesthesiologist if you have any allergies, what medications you are taking with dosages as well as vitamins or herbal supplements.

Please bring a list of your medications including vitamins and supplements. You also should tell the anesthesiologist if you or an immediate family member has had complications with anesthesia in the past.

## Smoking

You are advised to stop smoking 72 hours before your surgery. While this may be difficult, it will help improve your breathing and circulation. Smoking cessation options can be discussed.

## Bathing and personal hygiene

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

1. Shower or bathe the morning of or the night before your surgery. Do not shave the area of your body where your surgery will be performed.
2. Wash your hair.
3. Rinse your hair and body thoroughly. Do not use any styling products after washing your hair.
4. Pat yourself dry with a clean, soft towel.
5. Clean under your finger nails.
6. Wear clean clothes after shower.
7. Wear clean, comfortable clothes to the hospital.
8. All caregivers should wash or use an alcohol-based gel to clean their hands before they touch you. It's okay to ask a caregiver to wash or gel their hands.

## Food and fluids

Please follow the instructions given by "pre-op" staff regarding food and fluids. Eating or drinking before your surgery can cause a delay or cancellation of your surgery.

## Please remember,

your surgery may be cancelled if you:

- eat or drink anything after your specified time
- arrive later than your stated arrival time
- have not arranged for transportation home with a responsible adult
- have a cold, fever or any other condition.

Please call your surgeon's office or 607-324-8840 if you have any of these symptoms or need to cancel.

## Follow up

Please follow your surgeon's discharge instructions. We will include your family member or designee in this discussion. A copy of the instructions will be given to you.

You will receive a call from one of our nurses within 72 hours to see how you are feeling. If you have any immediate concerns about your medical condition once you arrive home (fever, chills, severe nausea/vomiting, bleeding or severe pain), you should contact your surgeon immediately.

This brochure provides general information only, and is to be used as a guide, not as a complete resource on your surgery. If you have any questions, please ask your physician.