

Surgery at Carle

WHAT TO EXPECT BEFORE, DURING AND AFTER YOUR SURGERY



Surgeon:		Date:
Location:		Report Time:
When to Stop Eating:	When to Stop Drinking:	
Medication to take the morning of surgery with a sip of water only: _____		
<small>**If you are going home the same day, you must have a responsible adult with a cell phone, stay in the building during your surgery. They must drive you home.**</small>		



General Instructions

If you do not follow these instructions, your surgery may be cancelled or delayed.

- Bring a detailed list of the medications you take with you on the day of surgery. The list should include over-the-counter drugs, prescription drugs, herbal supplements, inhalers, eye drops and oxygen.
- A nurse will call you in the afternoon on the business day before surgery. The nurse who calls with your report time will tell you if you can take routine medicines the day of surgery. If you are told to take them, swallow only with a small sip of water. Advanced report time prior to surgery allows for the following (if applicable and may vary depending on the surgery): Brief health system review, gowning, IV start, antibiotics, consent form(s), and any labwork needs.
- Make sure your driver or family member can pick up any prescriptions you might need after your surgery.
- If you are going home the same day of surgery you must have someone drive you. A responsible adult needs to be available for 24 hours to provide care and a safe environment. Drivers must remain at the surgery location during the procedure.
- You must remove all jewelry, including all body piercings. Wearing jewelry during surgery can cause injuries including infection, burns, dislocation, skin tears or circulation problems.
- Before surgery you need to shower to remove make-up, lotions, perfumes or powders and to help prevent surgical site infections. Do not apply lotions, perfumes or powders the day of surgery; these prevent tape and special monitoring equipment from sticking to your body.
- You may brush your teeth in the morning, but do not swallow the water.
- If you wear glasses or contact lenses, bring a case for them. If you wear dentures, a case will be provided.
- Do not bring valuables.
- On the day of surgery do not use gum, mints or candy. Refrain from smoking or using tobacco products the day of surgery. Refrain from recreational drugs at least 24 hours before surgery.
- If you are traveling a long distance, you may wish to stay in a local hotel the night before surgery. Local hotels and restaurants can be found at visitcampaigncounty.org.
- If you are being admitted, you may wish to bring personal hygiene products.
- If you have a history of sleep apnea, please bring your mask with you. We will provide the CPAP machine to use. You will be able to wear your own mask.
- Bring a copy of your living will and/or health care power of attorney paper work.
- Certified Child Life Specialists are available to support children at Carle's main campus. They can provide children and teens with age-appropriate information and teach coping skills to help make the surgery process less stressful. To learn more about Carle's Child Life team and obtain contact information, please visit carle.org.
- If you will require post-operative assistance from Home Care services, please contact the Surgeon's office prior to day of surgery.

Day of Surgery

WAITING ROOM

When you check into the surgical waiting room, you and a family member will be given an identification/tracking number. The number is used to protect you and your family's privacy while you are in the surgical area.

- Your tracking number will be posted on a TV monitor. This will inform your family where you are currently located in the surgical process.
- A parent or legal guardian must be with an underage child or adolescent who is having surgery AND the parent or legal guardian must plan to stay in the building during the surgery and be nearby, in case of an emergency.
- The surgery area can send instant updates via text message or email. Family and friends can use a cell phone, tablet or laptop to receive updates and notifications related to the procedure.

SURGERY PREP AND HOLDING

- In preparation for the surgery, you will change into a hospital gown, and be given a special identification bracelet to wear on your wrist.
- The area of your body that is being operated on will be prepared, if needed. This may include clipping the hair and washing the area with special soap.
- Your medical history, heart rate, temperature, blood pressure and breathing will be checked to make sure nothing has changed since your doctor's appointments.
- An IV will be put into a vein in your arm to give you fluid and medications.
- You may be given medicine to help you relax.

- Children under the age of 10 may not have an IV. This will be decided by the anesthesiologist. You will meet with your anesthesiologist or Certified Registered Nurse Anesthetist (CRNA) the day of surgery to review any medical needs.

- Females of childbearing age, regardless of sexual orientation, will be asked to give a urine sample for pregnancy. If you have had permanent sterilization, have never had a period, or are menopausal, you will not need to provide a sample.

OPERATING ROOM

You will be moved to the operating room where your surgery will take place. This is a safe, sterile environment where your doctors will perform your procedure.

Before your procedure, staff will introduce themselves and explain the preparation and surgery process.

- To help keep the room germ-free, everyone will be wearing masks.
- The room will be cool. If you feel uncomfortable, you will be given blankets.
- An anesthesiologist, or a specially trained nurse called an anesthetist, will give you anesthesia.
- Special equipment will be used to record and monitor your blood pressure, pulse, breathing and other body functions.

Recovery and Going Home

RECOVERY ROOM

We will do our best to manage your pain and make you comfortable during your stay with us. A certain amount of discomfort is normal after surgery.

RECOVERY PROCESS

Phase 1

PACU/Recovery Room, about 1-2 hours

- You may not remember much of this phase as you wake up from your anesthesia. You may be disoriented immediately after surgery.
- Your loved ones will not be able to see you during this phase of recovery.
- You may be given oxygen to help you during this phase of recovery.
- If you are going to stay overnight, you will go to your hospital room after you wake up from anesthesia. If you will be going home the same day, you will move to Phase 2 of Recovery.

Phase 2

Discharge Recovery, about 30-60 minutes

- Your loved ones can visit you during this phase of recovery.
- You will be expected to meet the goals for outpatient recovery before you can go home.
- Staff will review your discharge instructions.
- Most patients are discharged within 1 hour.

Criteria you may need to meet before going home:

- be able to eat and drink
- have minimal nausea and vomiting
- be able to urinate (surgery specific)
- heart rate and blood pressure returned to normal (pre-surgery levels)
- have a responsible adult present and a driver to take you home

Patients will have some level of controlled pain upon being discharged home. This will vary based on your surgery and pain tolerance.

FOLLOW UP CARE

Not all procedures will require a post operative appointment. If your doctor wants you to have a post operative appointment, you may receive a phone call to schedule one or you may be asked to call your doctor's office to schedule the appointment. This information will be printed in your surgery discharge instructions.

Plans for home care services from nurses, social workers, occupational or physical therapists, or other professionals can be made if you need them.

If you need prescription medication refilled, contact your doctor's office during business hours. After hours, please call Patient Advisory Services at (217) 383-3233.

Notes

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Complete the medication list below and bring with you on the day of your surgery. Please list all medications including over the counter, vitamins, herbals and cannabis.

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