

Guide to Surgery

Before Surgery

It is important for you to follow the below guidelines before surgery in order to avoid delay or cancellation on the day of your procedure.

Registration: Your doctor's office will send us all necessary information for registration.

A Health History Nurse will call you prior to your surgery to collect information about your health and answer any questions you may have. Please have a list of medications and dosages ready, the nurse will review your medications with you and advise you as to which medications that will need to be stopped or taken the day of surgery. **If you have not received a call by the day before your surgery, or if you have additional questions, please call us at (704) 815-7880 between 8:00 am – 4:30 pm.**

Food and Drink: Do not eat any food after 10:00 p.m. the night before your surgery (this includes candy, gum, and mints). Clear liquids are permitted up to 4 hours prior to your scheduled surgery time. This includes water, apple/cranberry juice, soft drinks, black coffee or tea. NO milk or milk products, broths, or citrus juices.

Alcohol: Do not drink alcohol for at least 12 hrs before your arrival.

Smoking: Do not smoke after midnight the night before your surgery.

Clothing: Wear loose, casual, comfortable clothing to fit over dressings. If the use of crutches is anticipated upon discharge, please do not wear flip flops or sandals.

Makeup, Nail Polish, Jewelry (including body jewelry): Please remove all these items before surgery. This includes wedding rings. Please do not wear any makeup, as it can hide certain clinical signs.

Contact Lenses/Glasses: If you wear contact lenses, you will have to remove them for the surgery, consider wearing your glasses the day of surgery. If you have to wear your contacts, please bring contact solution and contacts case. If you wear eyeglasses, please bring your eyeglass case.

Valuables: Please leave valuables at home. Matthews Surgery Center is not responsible for the loss of valuable items at the facility.

Escort: You will need to make arrangements for the following assistance during and following your surgery:

Driver: You will need to make plans to have someone drive you home following your surgery. Do not plan to use taxis or other public transportation.

Caregiver: A friend, relative, or dedicated caregiver MUST stay with you for 24 hours following your surgery.

Legal Guardian: A legal guardian must be in the center AT ALL TIMES for children and dependent adults.

Care for Children: If you have young children at home for whom you normally care, plan for someone else to care for them for at least the first 24 hours following your surgery.

Interpreter: If the patient cannot speak English or uses sign language, an interpreter will be required at the surgery center. Please contact Matthews Surgery Center at (704) 815-7880 as soon as possible for assistance arranging for an interpreter.

Notify Matthews Surgery Center and Your Surgeon if You:

- Have an elevated temperature, cough, cold, vomiting, or diarrhea between your last visit to the surgeon and the day of your surgery.
- Suspect you may be pregnant.
- Are taking: diet pills, aspirin, ibuprofen, or certain herbal medicines. You may need to stop taking these 1-2 weeks before your surgery. You can discuss this with your surgeon.

Patients under 18 years of age: A parent or legal guardian must accompany all patients under 18 years of age. Proof of legal guardianship must be provided. A consent form must be signed by the parent or legal guardian before medications or treatment can be given.

Arrival Time

You will receive a phone call **the afternoon before your surgery** with your arrival time and specific instructions regarding medications and when to stop eating and drinking.

Day of Surgery

- Please bathe or shower prior to your surgery with an antibacterial soap. Remove all makeup, nail polish and hair pieces. Please do not use lotions or oils after bathing.
- Bring all medications or a detailed list of medications with you on the day of surgery, both prescription and non-prescription.
- Be prepared to sign a form providing your consent for the operation. If the patient is under 18, the parent or legal guardian must accompany the child and sign the consent form.
- Please arrive promptly for your scheduled appointment.
- Please have all prescriptions received from your surgeon filled prior to surgery.

Check-in: When you arrive at our center we ask that you check in at the registration desk to verify personal, escort, and insurance information. Please bring your insurance cards, photo ID, Medicare or Medical Assistance information (if relevant), phone numbers and addresses.

Pre-Operative Preparation: After checking in at our center, you will be brought to the pre-op area where a nurse will provide you with a gown and a garment bag to store your clothing. In preparation for surgery, the nurse will do a health interview, check your temperature, blood pressure and pulse and ask you to empty your bladder before surgery. You will stay in the pre-op area until it is time for your surgery. Once preparation for surgery is complete, your family member or escort will be able to visit with you until it is time for you to go into surgery. An anesthesiologist will discuss your anesthesia with you and answer any questions. At the appropriate time, you will be transported to the operating room. During surgery, your escort will stay in the waiting area and will rejoin you in the Phase II recovery area after your surgery.

Discharge: Once the physician assesses your condition and approves you for discharge from the center, you will be able to go home. Most patients are discharged from 30 minutes to three hours following surgery, depending on the procedure. You will receive verbal and written post-surgical care instructions that will be very important for you to follow. Your escort must be available to discuss instructions with the care team before you will be allowed to go home.

Transportation: **DO NOT PLAN TO DRIVE** yourself home or use public transportation after your procedure. Failure to comply with this will result in cancellation of your surgery. A friend, relative, or dedicated caregiver **MUST** stay with you for 24 hours following your procedure.

After Surgery

Post-Operative Care

- It is normal to experience sleepiness and dizziness for up to 12 to 24 hours after surgery. If you experience anything unusual after your surgery, please call your surgeon or go to the nearest emergency room.
- A nurse from our center will call you the day after your surgery to check on your recovery.

Children and Special Needs Patients

Special Care for Children

We give children the extra care they need in an unfamiliar setting. Please refer to the **Before Surgery** and **Day of Surgery** sections for further tips, as well as the guidelines below. Following these instructions may prevent delays or cancellation of the surgery.

Food and Drink: Children may have clear liquids up to 2 hours before their arrival. This includes water, apple juice, clear soft drinks and Kool-Aid. NO milk or orange juice. Children must not eat anything after 10PM the night before their surgery. Please do not allow them to chew gum, suck on candy or swallow toothpaste before surgery.

Parental Care: We require at least one parent to remain in the center during your child's surgery and recovery. Please do not bring other young children along. If your child's surgery is scheduled near noon, you may want to bring a lunch for yourself while you are waiting.

Personal Comforts: Please bring your child's favorite blanket, stuffed animal or toy for added security.

After Surgery: You will be able to be with your child as soon as he/she is awake and medically stable.

Special Care For Special Needs Adults:

We understand that loved ones who depend upon others for daily living require special attention. In addition to the guidelines outlined in **Before Surgery** and **Day of Surgery** sections, the following tips will help make care for these adults easier:

Consent: The legal guardian needs to sign the consent for surgery and anesthesia on or before the day of surgery. If not a parent, please bring proof of guardianship or power of attorney.

For Admission: Please bring the patient's recent health history and medication information. Be certain to follow the food and drink rules in the **Before Surgery** section.

Personal Attendant: As with other patients, special needs patients require a parent, legal guardian or other responsible adult to remain at the center from admission through recovery. A personal attendant will also be required to stay with the patient for 24 hours after discharge