



# MEDICAL CENTER

*of South Arkansas*

## Day of your Surgery Checklist

- Make arrangements for someone to drive you home from the hospital the day of your surgery. You will not be able to drive for at least 24 hours after surgery.
- Avoid tobacco products of all kinds for 24 hours.
- Avoid alcohol for 24 hours.
- Bring all your medications.
- Do not eat or drink anything after midnight (no water, chewing gum, mints, lozenges, chewing tobacco).
- Shower as usual using an antibacterial soap (do not shave especially if the surgery site is in an area where you would normally shave)
- You may brush your teeth but avoid swallowing any water
- If you use an adhesive with your dentures, please do not use today.
- No need for makeup and especially no mascara.
- If you wear contact lenses bring a container and solution to keep them in while you are in surgery.
- Remove all body jewelry prior to your arrival.
- Take medications as directed during your pre-screening visit. If you have used an inhaler in the past bring it with you.
- Wear loose comfortable clothing.

When you arrive at the Larkin Wilson at your appointed time a volunteer will greet you.

Tell the volunteer that you are here for surgery today. She/he will escort you to the One Day Surgery nurses' desk.

We are prepared for your arrival and have assigned you a room.

As part of our safety awareness you will be asked many questions repeatedly, such as: “What is your name?, When is your birthday?, What is your doctor’s name?, What are you having done today? Are you allergic to any medications?”

All hospital staff is required to wear picture identification badges. If you should encounter a staff member who is not wearing a badge please feel free to ask them to please go and put it on, or just ask for “The Charge Nurse” and tell her the problem; she will be glad to take care of this.

## **Pediatric patients**

The parent or legal guardian must remain in the patients room at all times during the child’s stay in the One Day Surgery Department (if we need you, we need to know where you are at all times).

Feel free to bring a sippy cup, toy or favorite blanket.

If your child needs to have an IV, it will be put in after she/he is asleep in the operating room. Children usually object to having this in and want it out immediately. We will take it out once the child is tolerating fluids and is ready for discharge. If your child is old enough to understand, it is helpful to prepare them for the IV ahead of time. We have coloring books that will help explain what will be happening to them when they come to the hospital.

## **Visitors**

Visitors are always welcome in the One Day Surgery Department; however, the rooms are small and for safety’s sake we ask that you limit visitors to 2 in the room at any one time. If you prefer that no one knows you are here today, you can choose to remain “Confidential”. This means that you will not be listed in our hospital census and we will not disclose your presence to anyone who calls or comes in to visit you during your stay. Simply let us know this upon arrival.

## **Post-op**

After your surgery the surgeon will come out and speak with your family.

You will be on your way to the recovery room where you will stay for about 30-60 minutes. Once you have recovered from the anesthesia, you will be returned to your room. Some surgeries require you to be admitted to the hospital; in that case, once your surgeon as talked with your family, the nurse can give those directions to your room.

While in One Day Surgery the staff will assess your blood pressure, heart rate, monitor your dressings, and provide pain control if needed. The staff will offer you something to drink and help you to the bathroom. You will receive a follow-up appointment, your post-op home instructions and a copy of your medication list with any new medications added.

## **How long do I have to stay after surgery?**

Unless your surgeon specifies a longer recovery in One Day Surgery, you will be able to go home 1 hour after returning to your room. However, there is no hurry. We want to make sure your pain is under control, your nausea is under control, your questions have been answered, you have your post-op instructions and your family feels comfortable taking you home. Someone should stay with you at home for at least 24 hours after surgery.

## **What can you eat and do after surgery?**

We start your diet with clear liquids to drink (something you can see through). We generally do not advance your diet beyond this. When you get home you can advance to full liquids (anything liquid). If you are not nauseated you should be able to tolerate real food by the evening of your surgery. If you become nauseated do not drink anything for 30 minutes then start over with ice chips then clear liquids and advance your diet from there. If you are continuing to have waves of nausea call your doctor. You will receive further instructions from your surgeon.

Some surgeries may require a more strict diet regime (tonsillectomy, laryngoscopy). Your doctor will have given you this information ahead of time. Follow your surgeon's instructions.

No driving for 24 hours after surgery. Anesthesia can stay in your system for at least that long.

## **Return to Work?**

This is up to your doctor. If this is a minor procedure usually you can return to work in a couple of days (24 hour anesthesia rule applies to driving, making major discussions and work). More extensive surgery may require that you be off work for a week or more. Again, ask your surgeon.

On behalf of your surgeon, the nurses, and anesthesiologists, we want to thank-you for choosing The Medical Center of South Arkansas. It is our goal that we exceed your expectations. If you are ever in need of health care services in the future, we hope you will again choose The Medical Center of South Arkansas.

**Pat Ritchie RN, BSN**  
**Nurse Manager of One Day Surgery**