

## Preparing for Your Surgery





## Welcome

As you get ready for surgery, you may have a lot of questions. This booklet will help you know what to expect before, during and after surgery.

You and your family are the most important members of your health care team. Do not be afraid to speak up and take an active role in your care. We encourage you to ask questions and learn all that you can about your surgery and recovery.

We look forward to serving you.

**This booklet is for information only. It does not replace the advice of your doctor. Always follow your doctor's advice.**

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## Getting Ready for Surgery

### Medical history

You will be asked for your medical history at your pre-operative exam with your surgeon. Complete responses are needed for a safe surgery. All answers are kept confidential. We may ask the following:

- Do you have a health condition, such as diabetes, heart disease or high blood pressure?
- Are you taking any medications? This includes over-the-counter products, such as aspirin, ibuprofen, vitamins and herbal products.
- Do you use tobacco, alcohol or recreational drugs?
- Do you have allergies?
- Have you had other surgeries or illnesses?
- Could you be pregnant?
- How is your general health?
- Do you have a fever, cold or rash?
- Do you have an Advance Directive?

### Planning for surgery

To help your surgery go as planned, take these simple steps ahead of time.

- If you smoke, quit or cut down at least two weeks before surgery. Tobacco use is not allowed on any medical center property.
- Ask your doctor about taking your usual medications for diabetes, blood pressure, heart, breathing problems and blood thinning (Coumadin, aspirin, Plavix and anti-inflammatory). The dosage may need to be adjusted for surgery.
- Call your insurance company and notify them of your scheduled surgery. Verify your coverage and check for any pre-certification requirements to avoid penalties or a benefits reduction.
- Call your doctor if you get a fever, cold or rash. Your surgery may need to be postponed.
- Arrange for a responsible adult to drive you home after your surgery. If you will have a same day (i.e. outpatient) surgery, you will not be allowed to drive yourself home.
- Arrange for a responsible adult to stay with you for 24 hours after you go home.
- Do not bring small children with you to the medical center.
- Call **715-233-7204** between 1 and 3 p.m. the day before your surgery date to find out your arrival time and discuss your health history and current medications with a surgical nurse.

**Call Friday for a Monday surgery date.**

## Instructions From Your Surgeon

Surgery: \_\_\_\_\_

Surgeon: \_\_\_\_\_

Date of surgery: \_\_\_\_\_

Approximate time of surgery:

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Do not eat or drink after: \_\_\_\_\_

Take these medications as directed with a sip of water the morning of surgery:

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Stop taking these medications:

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## Other Appointments

Doctor: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Notes: \_\_\_\_\_

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Doctor: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Notes: \_\_\_\_\_

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EKG: \_\_\_\_\_

Lab: \_\_\_\_\_

MRI: \_\_\_\_\_

Occupational Therapy: \_\_\_\_\_

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Physical Therapy: \_\_\_\_\_

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X-ray: \_\_\_\_\_

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## The Day of Your Surgery

### Preparing at home

- Adult patients – Do not eat or drink anything up to six hours before you arrive at the medical center for your surgery.
- Adult patients – If your surgery is after noon (12 p.m.), you may have 4 oz. of clear liquids up to three hours before your arrival time.
- Pediatric and infant patients – Please ask your doctor for specific eating and drinking instructions.
- Do not take any water pills/diuretics the morning of your surgery.
- Take a shower or bath the evening before or the morning of your surgery.
- Do not shave the surgical site.
- Wear loose, comfortable clothing.
- Do not wear make-up, nail polish or contact lenses.
- Do not wear a watch or jewelry.
- Leave valuables at home.
- Take your heart, blood pressure, stomach and/or cholesterol-lowering (statents) medications with a sip of water the morning of your surgery, if your doctor has told you to take them.
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### What to bring

Bring the following items with you to the medical center:

- Cards – insurance, prescription, Medicare, etc.
- A list of your medications, including name, dose and how often you take each one
- Inhalers
- Eye drops
- Money for co-payments, if required by your insurance provider
- Toothbrush, hair brush and other personal items, if you are being admitted following your surgery
- A copy of your Advance Directive, if you have one
- Walker, crutches or any personal assistive devices
- A case with your name on it to hold items you may need to remove and store, such as dentures or glasses
- A responsible adult to drive you home
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### Checking in

Arrive at the medical center a few minutes before your assigned time. Enter through the revolving doors (main entrance) and go directly to the hospital registration desk on the first floor.

At registration, you will be asked to:

- Verify your contact information
- Present your insurance card
- Make a co-payment, if required by your insurance provider
- Sign a treatment agreement. This form allows us to bill your insurance provider for your surgery

After registration, you will be escorted to Surgical Services where you will be prepared for surgery.

We will do the following:

- Check your blood pressure, pulse and temperature.
- Clip any hair in the area of your surgery. This decreases the risk of infection.
- Start an IV (intravenous) in your arm or hand. We will use this tube to give you medicine and/or fluids during and after the surgery.
- Arrange for you to meet with a Certified Registered Nurse Anesthetist. He or she will tell you what kind of anesthesia (medicine) will be used. This medicine will keep you comfortable during your surgery.

Your family and friends can stay with you until it's time for surgery. During your surgery, they may relax in the Surgical Services Waiting Room.

## Anesthesia Care

Anesthesia is medication that keeps you comfortable or makes you sleep during surgery. It is given by highly trained Certified Registered Nurse Anesthetists (CRNA). You will meet with your CRNA before surgery to discuss the type of anesthesia that will be used during your surgery.

### General anesthesia

You will be completely asleep, have no sensation of pain and be unaware of surgery. You will be closely monitored and attended to by a CRNA throughout and immediately following your surgery.



### Spinal

You will lose all sensation from the waist down and the ability to move your legs. Sensation and movement will gradually return over a short period of time following the procedure.

### Epidural

An epidural is a local anesthetic that is delivered through a tiny tube called a catheter that is placed in the small of your back, just outside your spinal canal. The effects are similar to the spinal.

### MAC

Monitored anesthesia care (MAC) allows you to be awake, yet unaware of pain or discomfort, throughout the procedure. You will be very relaxed and sleepy. You may receive IV sedation prior to and throughout the surgery as needed.

### Bier block (IV block)

This is used for certain procedures involving an arm or a leg. Using a special tourniquet, the CRNA will inject a local anesthetic into your arm or leg, which will cause temporary numbness and pain relief in your arm or leg.

### Regional block

Regional blocks (nerve blocks) are given to temporarily numb a group of nerves, such as in the shoulder, arm, hand, leg or foot. You will receive an injection in the specific area, which prevents the pain signals from reaching your brain.

### Local

Local anesthesia is an anesthetic injected into the tissue directly at the surgery site. It is frequently used for minor procedures.

## The Operating Room

The operating room (OR) provides a safe and sterile place for surgery. You will be taken to the OR on a bed or a cart.

Your surgical team members include your surgeon, a CRNA, registered nurses and operating room technicians. This team constantly monitors your progress and well-being throughout the surgery.



### Operating room equipment

- Bright lights will be located above the operating table.
- If you are given general anesthesia, you will breathe anesthetic gases through a face mask or a breathing tube inserted through your nose or mouth after you are asleep. It will be removed before you wake up.
- We will place a cuff on your arm to track your blood pressure.
- We will place sticky pads on your chest to track your heart rate.
- We will place a clip on your finger to measure the oxygen level in your blood.
- We may place a catheter in your bladder during surgery.
- Ask for a blanket if you feel cold.

## Post-operative Care

After surgery, you will be taken to the post-anesthesia care unit (PACU). There you will be monitored closely as the anesthesia wears off. Your nurse, surgeon and CRNA will decide when you are ready to be transported to your hospital room or day surgery recovery room.

## What to expect

As the anesthesia wears off you may:

- Notice that noises sound louder than usual.
- Feel drowsy and remember little or nothing about the surgery.
- Have blurry vision, a dry mouth, mild nausea or chills.
- Have a mild sore throat if a breathing tube was placed in your windpipe during surgery.
- Have an IV in your arm or hand, a catheter in your bladder and/or a drain near the incision.
- Feel burning or pain in the area of your surgery.

## Pain management

We will ask you to rate your pain on a scale of zero to 10. Using a pain scale can help to communicate your personal level of pain.

Remember that all pain is real. There are many ways to control pain. Ask for medication to control pain when you need it. Don't try to "tough it out," as this can make you feel worse.

Follow these medication tips to help control your pain following surgery:

- Take your medication as ordered.
- Take your medication 30 to 40 minutes before you get up, move around or go to therapy.
- Ask about possible side effects.
- Tell your nurse, CRNA or doctor if the pain does not improve.
- Know that it is rare to become addicted to the pain medication used in surgery.
- Know that medication will reduce but not take away all of your pain.

## When you go home on the day of your surgery

After your anesthesia wears off, you will be moved to the day surgery area. You may be there for one or two hours. Family and friends may join you. When you feel alert, your nurse can help you get dressed. When you are ready, you will be taken to the

revolving door (main entrance) in a wheelchair. We will help you get into the car that will take you home. It is important to have a responsible adult drive you home.

### If you are staying in the hospital after your surgery

We will bring you to your hospital room in the Medical & Surgical Family Care Unit, Special Care Unit or Family Birth Suites on a bed or in a wheelchair. Tell us if you have pain or don't feel well. Nurses will check on you often.

Do not try to get out of bed alone. A nurse will help you when you first try to walk. You may not be able to drink or eat right away. Your nurse will help you order room service when you are ready to eat and drink again. See the menu for ordering times. Call 7-7666 to order.



### Your role in recovery

Your role is to become active as soon as directed by your doctor, while still giving yourself time to heal. Rest when you feel tired. You will be asked to do the following in order to speed your recovery:

- Cough and breathe deeply. This helps to clear and expand your lungs and can prevent pneumonia. You may be given a spirometer to practice deep breathing. A staff member will show you how to use the spirometer.
- Do mild physical activity. Walking or moving your legs help your circulation and body functions return to normal. A physical therapist or nurse will help you when you try to walk and will provide you with simple exercises. Do not try to get up or walk alone the first time.
- Actively manage your pain. Managing your pain lets you move in comfort. We will ask you to rate your pain on a scale of zero to 10. It is your responsibility to tell your doctor or nurse where and how much you hurt so your pain can be treated.

### Incision and dressing care

After your surgery, you may have an incision that is covered with a bandage or dressing. There may be a drainage tube near the incision. Your incision may be slightly red or swollen and have some discharge. This is normal.

You or a family member will be shown how to care for your incision. Here are some tips to help your incision heal quickly:

- Wash your hands before and after touching the incision.
- Keep the incision clean and dry. You will be told when it is safe to bathe or shower.
- Ask when the stitches or tape can be removed.
- If you had arm or leg surgery, raise the limb above your heart when you are resting or sleeping. This helps reduce pain and swelling. It also improves blood flow.
- Monitor the incision for foul-smelling drainage, unusual redness, warmth or swelling. Tell your doctor or nurse if any of these occur.

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## Going Home

Before you go home, you will be given discharge instructions. Ask a family member or friend to listen to these instructions with you. That way, he or she can help you during recovery.

### Things you should ask

Before you leave, make sure all your questions are answered. Your discharge instructions may answer most of your questions. If you have additional questions after arriving home, call the medical center. The telephone number will be listed on your discharge instructions. Be sure to ask about the following:

- Bathing and showering
- Diet – what to eat, what to avoid
- Driving
- Incision and dressing care
- Medications – dosages and when to take
- Pain control – what to expect, what to do
- Physical activity
- Physical and occupational therapy
- Resuming sexual relations
- Returning to work
- Signs of infection

A follow-up visit will be scheduled with your surgeon. The appointment time and date will be listed on your discharge instructions. Bring a list of your questions or concerns to this visit.

### Call your physician

It is important to call your doctor if you have or feel any of the following:

- You have a fever over 100.5° F (38° C)
- You notice increased redness, swelling, foul smelling drainage or pain around the incision site.
- Your incision opens. Lightly press a clean cloth to the incision to control bleeding.
- You still have pain an hour after taking pain medication.
- You have side effects from your medication such as nausea, a rash or itching pain.

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## Physical and Occupational Therapy

Physical and occupational therapy is available for surgical patients. Therapists help these patients restore function and mobility.

Your doctor will decide if therapy is needed. The first therapy appointment will be made for you. The date and time of your appointment will be listed on your discharge instructions. It is important to follow the therapist's instructions to help you recover from your surgery.

Physical and occupational therapy is located at Red Cedar Physical Rehabilitation, in Center for Prevention & Physical Rehabilitation, 2407 Stout Road in Menomonie. Patients visiting this recently remodeled and expanded facility benefit from the improved space, enhanced privacy and hands-free features.



Red Cedar Physical Rehabilitation is located on the ground level of the facility. The expanded department offers many new features:

- Sports therapy area where patients can do functional exercises that replicate athletic or workplace activities
- Locker rooms for patients
- Space for enhanced services such as wound care, pediatric physical therapy and women's health
- Aquatic therapy pool

## Your Comments Are Important To Us

We strive to provide quality, safe care. Your input helps us identify our successes and opportunities for improvement in meeting the needs of our communities.

We appreciate any feedback and encourage you to notify us in one of the following ways:

- In person with any staff member.
- Confidential Comment Line at 715-233-7890.
- Comment cards found throughout the facility.
- Press Ganey survey, randomly mailed after patient appointments
- Patient Feedback Form online at [mayoclinichealthsystem.org](http://mayoclinichealthsystem.org).
- Letter mailed to Mayo Clinic Health System at 2321 Stout Road, Menomonie, WI 54751

You may also contact one of the agencies listed below if you feel there has been no resolution to your concerns:

State of Wisconsin  
State Bureau of Quality Assurance  
PO Box 2969  
Madison, WI 54701-2969  
608-266-8481  
800-642-6552  
608-267-0352 (fax)

Office of Quality Monitoring  
Joint Commission  
One Renaissance Boulevard  
Oakbrook Terrace, IL 60181  
800-994-6610  
630-792-5636 (fax)  
[complaint@jcatcho.org](mailto:complaint@jcatcho.org)

## Glossary of Useful Terms

- Advance Directive – A legal document that allows you to convey your choices for health care. It may also name someone to make those choices if you are unable.
- Anesthesia – The inability to feel pain. This word refers to the method used to keep patients free from pain during surgery.
- Anesthetic – A medication that produces anesthesia.
- Certified Registered Nurse Anesthetist (CRNA) – A nurse who is specially trained to administer and monitor anesthetics.
- Drainage tube – A tube used in surgery to remove fluids from the surgery site.
- ECG or EKG – Electrocardiogram. Gives a graphic record of the electrical activity of the heart.
- Health care provider – A physician, nurse or other trained medical professional.
- SCU – Special Care Unit. A section of the hospital equipped for patients who need constant, close monitoring.
- Inpatient – A patient who will spend at least one night in the hospital.
- Intravenous or IV line – A thin tube that delivers medications, fluids or blood directly into a vein.
- OR – Operating room. The room where surgery is performed.
- Outpatient – A patient who has surgery and leaves the hospital on the same day.
- PACU – Post-anesthesia care unit. The recovery room where a patient may stay until anesthesia wears off.
- Spirometer – A device that measures the amount of air inhaled and exhaled. It is used to help with deep breathing.
- Surgery consent – A legal form that you must sign before surgery. It states that you understand the risks, benefits and alternatives to surgery.

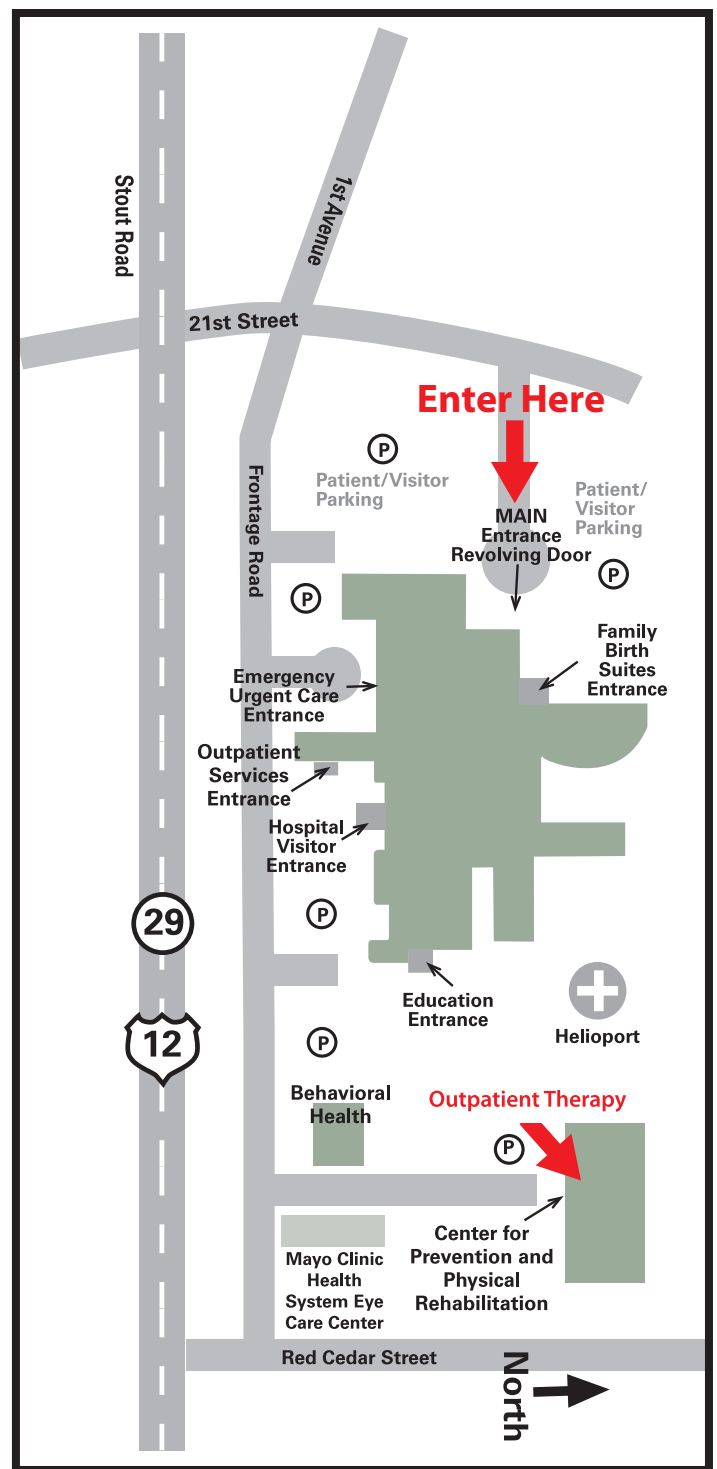
## Important Phone Numbers

- Anesthesia: 715-233-7612
- Billing Questions: 715-233-7650
- General Information: 715-235-5531
- Medical & Surgical Family Care Unit: 715-233-7281
- Mayo Clinic Health System - Red Cedar Pharmacy: 715-233-7500
- Red Cedar Physical Rehabilitation: 715-233-7740
- Special Care Unit: 715-233-7289
- Surgical Services Nurses Desk: 715-233-7204
- Nurse Advice Line: 715-233-7677

**Call 911 in a medical emergency.**

## Notes

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**Red Cedar**  
 Elmwood • Glenwood City • Menomonie  
 715-235-5531

**MAYO CLINIC HEALTH SYSTEM**  
[mayoclinichealthsystem.org](http://mayoclinichealthsystem.org)

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