Getting Ready for Surgery at Sanford Health

Thank you for choosing Sanford Health for your surgical care. This guide will help you to have a successful surgery experience.

Enhanced Recovery after Surgery

ERAS means Enhanced Recovery after Surgery. This is a program developed to improve patient outcomes with surgery. Following these tips will lead to a faster recovery and getting back to what you want to do sooner.

Before surgery

- Be active (walk at least 30 minutes per day for 5 days before surgery, if able).
- If you are a smoker, now is the time to quit. Talk to your doctor if using nicotine replacement therapy is right for you.
- Know the importance of handwashing and how to protect yourself from infection.
- You will receive phone calls before surgery to help you get ready.

The morning of surgery

- Drink the clear (non-protein) beverage if directed by your surgery team. The drink tastes best if it is chilled. (This is not required for all surgeries.)

Right after surgery

- Soon after surgery you will get out of bed with help. Being active is the most important thing you can do to get better.
- While in bed, move your feet and legs often to help prevent blood clots from forming.

At home

- Be as active as your doctor advises.
- Someone will call to check on you after your discharge.
- Call your doctor if you have any concerns including fever, problems passing urine or stool.

Enhanced Recovery after Surgery

Following these guidelines for recovery will help with:
- Breathing
- Blood flow
- Return of bowel function
- Pain
- Overall wellbeing

Items marked in blue are part of ERAS.
Getting Ready for Surgery

Phone calls or clinic visit

- 2 to 3 days before your surgery a nurse will call you or you may visit a nurse in a clinic. They will ask you questions about your medicines and health to make sure you can safely have anesthesia.
- 1 business day before your scheduled surgery, you will get a call telling you what time to come in on the day of your surgery.
- A nurse in the clinic or preoperative area will give you the information for the questions below. Use this worksheet to write down what you need to know

### Questions about My Surgery

<table>
<thead>
<tr>
<th>What day is my surgery?</th>
<th>Who is my surgeon?</th>
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</thead>
<tbody>
<tr>
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<table>
<thead>
<tr>
<th>What surgery am I having?</th>
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<table>
<thead>
<tr>
<th>What time should I arrive? (this may be called to you)</th>
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<tbody>
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</table>

<table>
<thead>
<tr>
<th>Where am I having surgery?</th>
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</table>

<table>
<thead>
<tr>
<th>Where should I park?</th>
<th>What door should I use?</th>
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</tbody>
</table>

Follow these steps and the checklist on the next page to be prepared for surgery:

### Getting Ready Safely

<table>
<thead>
<tr>
<th>What medicines should I take in the morning with a sip of water?</th>
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<table>
<thead>
<tr>
<th>When do I stop eating, drinking, using tobacco, sucking on hard candy, or chewing gum? (this may be called to you)</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Eating food, candy, or gum Stop date: _____ Stop time: _____</td>
</tr>
<tr>
<td>□ Drinking clear liquids Stop date: _____ Stop time: _____</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>How will my medications be reviewed? (check one)</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Bring all medications in their bottles</td>
</tr>
<tr>
<td>□ Bring a list of your medicines</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Should I bring any medical equipment that I use at home? (check all that apply)</th>
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</thead>
<tbody>
<tr>
<td>□ CPAP machine</td>
</tr>
<tr>
<td>□ CPAP tubing</td>
</tr>
<tr>
<td>□ Know CPAP settings ___________</td>
</tr>
<tr>
<td>□ Cane or walker</td>
</tr>
</tbody>
</table>
| □ Other _______________________


### Before Surgery

Following these steps can help you have a safe surgery and a successful recovery.

- See your doctor for an exam before surgery as recommended by your surgeon. Ask about when to take or stop taking these medicines. Write any instructions below.
  - **Blood thinners:**
  - **NSAIDs** (such as Advil or Aleve) or aspirin:
  - **Weight Loss** medications (such as Phentermine):
  - **Herbal** medicines or supplements:
  - **Diabetic** medicine changes:
  - **Blood pressure** medicine changes:
  - **Viagra, Cialis, or Levitra** changes:

- Tell your doctor if you drink alcohol most days.

- Arrange a ride home from the hospital or surgery center as directed.

- Ask someone to stay with you for 24 hours or more after you are discharged.

- Eat nutritious foods including proteins, whole grains, and colorful fruits and vegetables.

- Walk 5 times a week for 30 minutes (if able) to gain strength.

- Be sure to have adequate rest and sleep in the weeks before surgery.

- Do **not** drink energy drinks 24 hours before surgery.

### The Day Before Surgery

- Stop drinking alcohol. No liquor, beer, or wine for 1 day before surgery.

- Shower before bed using soap. Your surgeon may tell you to use special soap. Do **not** use any deodorant, nail polish, makeup (especially eye makeup), lotions, powders, perfumes, or shave area of surgery.

- Stop all tobacco products for 24 hours before surgery.

### The Morning of Surgery

- Follow instructions about eating and drinking. Do **not** chew gum or suck on hard candy.

- Remove all jewelry including wedding rings and all piercings. Use plastic inserts as needed.

- Shower again using soap. Your surgeon may tell you to use special soap. Do **not** use any deodorant, nail polish, makeup, lotions, powders, perfumes, or shave area of surgery.

- Brush your teeth and/or use mouthwash.

- Take only your prescription medicines, as directed.
  - Do **not** take those that you have been asked to stop.

- Leave any valuables, such as jewelry and watches, at home.

- Wear clean, loose, comfortable clothing.

- For women: If you have your period, wear a pad instead of a tampon.
What to Expect the Day of Surgery

**Admitting**
- You will need to remove contact lenses.
- A nurse will bring you into the admitting area.
- You will be asked to change into a hospital gown.
- A nurse will look at your health record with you.
- You will visit with an anesthesia provider, your surgeon, and other staff that may help with your care.
- A support person of your choice may be with you. This person will need to care for your personal valuables during your surgery.
- This takes about **45 minutes to 1 ½ hours**.

**Surgery**
- When the admitting process is done and the surgery before yours is completed, you will be moved to the operating room.
- You will be connected to equipment that will monitor you during the surgery.
- An anesthesia team and operating room nurses will care for you during surgery.
- The amount of **time for the surgery** depends on the type of surgery and your needs.

**Recovery**
- As you wake up in the recovery room (depending on the surgery, you may skip this step), you will be monitored by nursing staff. You will be in the recovery room **about 1 hour**. This may be longer based on the type of surgery and your needs.
- You may have oxygen, an IV, or a bladder catheter.
- When you are ready, you will be moved to the discharge area or taken up to your room if you are staying in the hospital.

**Discharge**
- Your time in the discharge area depends on:
  - How long it takes for the anesthesia medications to wear off and how fast you wake up.
  - How well your post-surgery symptoms are controlled.
  - If you need other cares, equipment, or procedures.
  - How well you are tolerating a snack
- Managing your pain at a level that is comfortable for you may include medicine and non-medicine methods. It may not be possible to stop your pain fully. Talk to your doctor about what to expect.
- The discharge process takes about **45 minutes to 1 ½ hours**, but may change based on your needs.

**24 hours or more after surgery – for your safety**
- Ask someone to stay with you after you leave the hospital or surgery center.
- Do not use sleeping pills or drink alcoholic beverages.
- Do not make any important decisions or sign important papers.
- Do not drive a motor vehicle, operate machinery, or use power tools.