

## Getting Ready for Surgery

This will help you prepare for successful surgery.

### Enhanced Recovery after Surgery (ERAS)

ERAS means Enhanced Recovery after Surgery. This is a program made 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.

**Bolded items in this section are part of ERAS.**

Following these guidelines for recovery will help your:

- Breathing
- Blood flow
- Return of bowel function
- Pain
- Overall wellbeing

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 special surgical drink 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 tells you to.**
- Someone from Sanford will call to check on you after your discharge.
- Call your doctor if you have any concerns including fever, problems passing urine, or stool.

### Questions about My Surgery

A visit to your primary care doctor before your surgery may be required.

- I must have this test or visit before my surgery \_\_\_\_\_
- What day is my surgery? \_\_\_\_\_
- Who is my surgeon? \_\_\_\_\_
- What surgery am I having? \_\_\_\_\_
- What time should I arrive? (this may be called to you) \_\_\_\_\_
- Where am I having surgery? \_\_\_\_\_
- Where should I park? \_\_\_\_\_
- What door should I use? \_\_\_\_\_

## Getting Ready for Surgery

- Up to 1 week before your surgery a nurse will call you or you may visit a nurse in a clinic. You will be given instructions about your surgery and asked questions about your health and medications.
- If you have not been told a time to arrive, you will receive a phone call 1 to 2 business days before your scheduled surgery.
- It is important to call if you are sick or decide not to have your surgery.
- Tell your doctor if you drink alcohol most days.

## Getting Ready Safely

Follow these steps to be prepared for surgery:

- What medicines should I take in the morning with a sip of water?

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- When do I stop eating, drinking, using tobacco, sucking on hard candy, or chewing gum?
  - **Eating** food, candy, or gum **Stop date and time:** \_\_\_\_\_
  - **Drinking** clear liquids **Stop date and time:** \_\_\_\_\_
  - **No tobacco products** (including cigarettes, vapes, e-cigarettes, and smokeless tobacco) 24 hours before surgery.
  - You may be told to drink a **special drink** 2 hours before your arrival time.
- How will my medications be reviewed?
  - Bring all medications in their bottles \_\_\_\_\_
  - Bring a list of your medications \_\_\_\_\_
- Should I bring any medical equipment that I use at home?
  - CPAP machine \_\_\_\_\_
  - Cane or Walker \_\_\_\_\_
  - Other \_\_\_\_\_

Following these steps can help you have a safe surgery and successful recovery. **These steps will also prevent your surgery from being cancelled:**

- Ask about when to take or stop taking these medicines.
  - **Blood thinners:** \_\_\_\_\_
  - **NSAIDs** (such as Advil or Aleve) or Aspirin: \_\_\_\_\_
  - **Weight Loss** medications: \_\_\_\_\_
  - **Herbal** medicines or supplements \_\_\_\_\_
  - **Over the Counter** medications \_\_\_\_\_
  - **Diabetic** medicine changes: \_\_\_\_\_
  - **Blood pressure** medicine changes: \_\_\_\_\_
  - **Viagra, Cialis, or Levitra** changes: \_\_\_\_\_
- **Arrange a ride home from the hospital or surgery center as directed. Your surgery may be rescheduled if you do not have an adult to bring you home.**
- 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.**
- Discuss medical marijuana use with your surgeon or anesthesia provider.
- Stop recreational drugs 3 days before surgery because they may interact with anesthesia. Stopping marijuana products at least 14 days before your surgery will help your airway be less inflamed. Use of these drugs may result in your surgery being cancelled.

## The Day Before Surgery

- Stop drinking alcohol. No liquor, beer, or wine for 24 hours 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** (including cigarettes, vapes, e-cigarettes, and smokeless tobacco) **24 hours before surgery**.
- Do **not** drink energy drinks 24 hours before surgery.

## The Morning of Surgery

- Follow eating and drinking instructions. Do **not** use coffee creamer, chew gum, or suck on hard candy.
- Remove all jewelry including wedding rings and all piercings.
- 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.
- 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.

## The Day of Surgery

If your surgery needs to be re-scheduled, speak with your doctor about restarting your medications.

### Admitting:

- You will need to remove contact lenses.
- A nurse will take 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 to 90 minutes**.

### 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 for **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 to 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 to 90 minutes** but may change based on your needs.

## 24 Hours or More After Surgery

- Ask someone to stay with you after you leave the hospital or surgery center.
- Do not take 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.

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This information is not intended as a substitute for professional medical care.

Always follow your health care provider's instructions.