



PRE AND POST OPERATIVE CARE

You and your surgeon have decided that you need surgery (an operation). This may be your first surgery or you may have many questions about having surgery. This pamphlet explains what to expect before and after surgery and answers some commonly asked questions about surgery. If you have additional questions, please ask your surgeon or nurse.

TYPES OF SURGICAL STAYS

Outpatient (Same day Surgery): You will go home the same day as your surgery after a brief recovery period.

Observation: You will stay overnight but will be in the hospital less than 24 hours after your recovery period.

Inpatient: You will stay in the hospital for 1 or more days. Inpatient surgeries require more nursing care after your recovery period.

GETTING READY FOR YOUR SURGERY

To prepare for surgery, you will need to do some things at home before coming to the hospital.

Cut down or quit smoking. Smoking causes health problems that slow down your recovery time.

Report any changes in your health to your surgeon (including flu and colds).

Follow instructions regarding medications before your surgery. You may need to take or stop taking certain medications.

THE DAY OF SURGERY

On the day of your surgery, you should:

Refrain from eating or drinking (including water or chewing gum) for a certain period before surgery. This will help prevent complications with breathing stomach contents into your lungs during surgery. **Your surgery may be canceled if you eat or drink!!**

Take only the medications your doctor told you to take. Do not take any other medications with pills.

Take a bath or shower the night before surgery.

Brush your teeth before surgery.

Remove all makeup, jewelry, and nail polish.

Leave money, credit cards, and keys at home.

Bring with you to the hospital:

?? Cases for contact lenses and dentures if you wear them.

?? Medications or medical records you need to provide.

?? Toothbrush, toothpaste, and other items you need for the hospital stay. You may be required to provide these items.

?If you are an outpatient (same day surgery patient):

- ?? Wear loose comfortable clothing
- ?? Make plans for an adult to:
 - ?? Listen to your discharge instructions
 - ?? Drive you home after surgery
 - ?? Stay with you for the rest of the day after you arrive home from surgery.

COMING TO THE HOSPITAL

Please come to the hospital 2 hours prior to your scheduled surgery time. Check in at the outpatient area by Emergency Room unless other arrangements have been made for you.

Same Day Surgery Area A hospital staff member will direct you to the pre-op holding area on the Same Day Surgery Unit. Family members can escort you. On the unit, you will change into a hospital gown. A nurse will check your heart rate and blood pressure and may start an IV (intravenous line). The nurse will also ask you some questions. You may notice that the nurses and doctors will often ask some of the same questions. This is done to make sure that important things about you are checked and re-checked (for example: correct surgery, correct side, allergy information)

Your **Anesthesiologist**, a doctor or a certified nurse anesthetist who will help you stay comfortable and relaxed during surgery, will check your test results and health history. He/she will tell you about the type of anesthesia you will receive. You may also be given

some medication that will help you relax. This medication can also make you not remember anything until you are in the operating room.

When it is time for surgery, you will be directed to the surgery waiting area.

THE OPERATING ROOM

Your anesthetist and anesthesiologist will take you to the operating room. The lights will be dimmed and you may feel cool. The doctors will wear masks, hair coverings, sterile gowns, and gloves.

You will be put onto a table. An oxygen mask will be put on your chest to help you breathe. A blood pressure cuff will be put on your arm. A pulse oximeter will be put on your finger to monitor your oxygen levels. The anesthesiologist connects the equipment to keep track of your vital signs during your surgery.

TYPES OF ANESTHESIA

General anesthesia affects your consciousness. Anesthetics (medication to make you unconscious) are given through your IV line and you cannot breathe. Once you are asleep, a breathing tube is placed in your mouth and through your nose. The anesthesiologist will use this tube to give you the anesthetic gas. A "breathing" tube is usually removed so you won't know the tube has been removed. You may notice a sore throat when you wake up.

Regional anesthesia affects only a particular section of your body. You may receive some medication to help you relax. You may be awake but will feel no pain.

Local anesthesia and IV sedation Local anesthetic will be used to numb the area around the incision (where the skin is cut). You will receive medication to make you comfortable and relaxed during your surgery.

AFTER SURGERY

When surgery is over, you will go to the recovery room while the anesthesia wears off. The nurse will check your vital signs (pulse and blood pressure) and dressing site. Depending on your type of surgery, you may have some tubes attached to your body. These tubes are needed to provide fluid and oxygen, remove stomach gases, drain fluid from the incision site, and remove urine.

Let your nurse know if you are cold, in pain or if you have an upset stomach. Warm blankets and medications are available to help make you feel more comfortable.

While you are in the recovery room, your surgeon will talk to your family to let them know how you are doing.

If you are an inpatient you will be in the recovery room for about 1-2 hours. You will then go to your

hospital room. Your family will visit you in your hospital room. They will

If you are an outpatient type of surgery you have had recovery room or you may be in the Day Surgery Unit to complete your surgery. You will wake up.

Family members will be with you when you finish your hospital recovery. You will spend time in the Day Surgery Unit. You will spend time before you go home.

When it is time for you to go home from outpatient surgery, you will receive written instructions about how to care for your incision.

?You may be sleepy so read and follow to these instructions and instructions carefully. ?You will not be able to drive if an adult is with you.

?You should not drive a car or operate machinery for 24 hours. ?You will need an adult to drive you home the day of surgery.

YOUR RECOVERY

Exercises: You will be encouraged to breathe deeply to help prevent pneumonia after surgery. You may use a breathing device that measures your breathing. You will want to keep your incision area clean and dry to prevent infection.

Your surgeon may order special elastic stockings or pressure devices for your legs to improve blood flow and prevent blood clots. Doing ankle pumps (pointing and flexing your feet) will also be helpful.

Soon after surgery the nurses will help you to turn in bed, sit up, and walk. These activities will help get your body functions back to normal.

Pain Control: You may be given pain medication in the hospital or be sent home with a prescription for some. Let your nurse or doctor know when you have pain. It is important to keep your pain level low so you will be able to move around easily to prevent other problems. You can measure your pain by rating it on a scale of one to ten with ten being the highest pain level and one being the lowest pain level.

If you take your pain medication as you are told, you will not become addicted to it. For your safety after you go home, it is important to **not drink alcohol, and to not drive or operate dangerous machines while taking some pain medications.** Read the label on your pain pill bottle.

If you have major surgery your surgeon may order a type of pain medication called Patient Controlled Analgesia (PCA). This uses a pump and syringe system with tubing connected to your IV line. When you want some pain medication, you press a control button. Pain medication will be given directly into your blood stream, taking away pain in just a few minutes. **(You are the only person who should press the control**

button, not your family member only used for patients while in hospital.

EATING AND DRINKING

Your digestive system returns to normal especially after having abdominal surgery. If you are an inpatient you may get fluids through your IV line and may be asked to keep your stomach empty.

You may be given ice chips and clear liquids (broth, jello, tea) before you can eat regular food as you feel better. You may be asked to eat clear liquids or solid food after surgery you have and any instructions your doctor may write.

Nausea is a problem occurring after anesthesia and pain medication.

?Try eating easily digested foods like crackers and soda pop

?Eat in small amounts

?Avoid fatty foods (meats)

Inform your nurse or doctor if you are nauseated. You can be given medication to help. Follow your doctor's instructions to help prevent vomiting after surgery.

Constipation and gas are problems occasionally caused by anesthesia and pain medications. To help you feel better and get your body functions back to normal:

?Drink lots of fluids

?Turn from side to side

?Walk around the hospital unit or around your home several times a day.

GOING HOME

Before you go home from the hospital, you will be given instructions about how to take care of yourself after you get home.

Pain Control and Eating: See Page 3

Other Medications:

Your surgeon may give you some new prescriptions. If you are taking medications for heart problems, diabetes, or other medical problems, ask your regular doctor or pharmacist about possible drug interactions (problems caused when 2 or more drugs mix).

Activity

When you leave the hospital you will receive a list of activities to avoid. These may include:

?No driving

?No lifting heavy objects such as:

?a child?large, heavy purse?groceries?wet laundry

?No difficult activities such as:

?yard work ?running ?going up and down stairs

?Restricted sexual activity

It is common to feel tired after any kind of surgery. You will need to rest at least the first few days after surgery. Increase your activity level slowly so you don't get too tired or strain your incision area. Be sure to ask your surgeon when you will be able to return to work. For major surgery, this may be 4-6 weeks.

Bathing/

If you have a dressing i dry. Water can damage stitc and help germs infect your s will tell you when it is safe t wet.

Signs of Infectio

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?Increased redness or s

?Incision becomir

?Smelly fluid drainir

?Fever a

A bit of pink to red flui normal. If the fluid is bright have broken. Apply a clean v and call your surgeon. Also, have severe pain or a burning

OFFICE VISIT AI

When you go home you about an office visit with you to see your surgeon a few da to see how you are healing. stitches, staples, drains, or c

CALL YOUR SI

?Severe pai

?Signs of infecti

- ?Opening up of your incision
- ?If your fingers or toes become:
 - ?numb
 - ?painful
 - ?swollen
 - ?pale white or blue
- ?If your dressing comes off
- ?If a tube falls out.

A guide to Daviness Comm

Ask your doctors or nurses any questions that you may have. You may want to have written questions ready when you visit with them to help you remember your questions.

DAVISS COMMUNITY HOSPITAL

Pre Admission.....812-254-8864

Same Day Surgery.....812-254-8887

Doctor_____

Telephone_____



1314 East Walnut Street W
(812) 254-2760

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TYPES OF SURGICAL STAYS

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- ?Observation:** You will stay overnight but will be in the hospital less than 24 hours after your recovery period.
- ?Inpatient:** You will stay in the hospital for 1 or more days. Inpatient surgeries require more nursing care after your recovery period.

GETTING READY FOR YOUR SURGERY

To prepare for surgery, you will need to do some things at home before coming to the hospital.

?Cut down or quit smoking. Smoking causes health problems that slow down your recovery time.

It is common to feel tired after any kind of surgery. You will need to rest at least the first few days after surgery. Increase your activity level slowly so you don't get too tired or strain your incision area. Be sure to ask your surgeon when you will be able to return to work. For major surgery, this may be 4-6 weeks.

Bathing/Shower

If you have a dressing in place, keep it dry. Water can damage stitches and help germs infect your surgery site. Your surgeon will tell you when it is safe to get the dressing wet.

Signs of Infection

An incision that is a little red and swollen is normal. Call your surgeon with signs of infection.

- ?Increased redness or swelling**
- ?Incision becoming warm**
- ?Smelly fluid draining from the incision**
- ?Fever and chills**

A bit of pink to red fluid is normal. If the fluid is bright red, it may have broken. Apply a clean dressing and call your surgeon. Also, if you have severe pain or a burning sensation, call your surgeon.

OFFICE VISIT AFTER SURGERY

When you go home you will need to have an office visit with your surgeon.

Constipation and gas pain are occasionally caused by anesthesia and medications. To help you feel better, get your body functions back to normal.

- ?Drink lots of fluids**
- ?Turn from side to side**
- ?Walk around the hospital or home several times a day**

GOING HOME

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When you leave the hospital you will receive a list of activities to avoid. These may include:

?No driving

?No lifting heavy objects such as:

?a child?large, heavy purse?groceries?wet laundry

?No difficult activities such as:

?yard work ?running ?going up and down stairs

?Restricted sexual activity

?Report any changes in your health to your surgeon (including flu and cold symptoms).

?Follow instructions regarding medications before your surgery. You may have additional medications to take or you may be required to stop taking certain medications.

THE DAY OF

On the day of your surgery, you will be asked to **?Refrain from eating or drinking** (no water or chewing gum) for a few hours before surgery. This will help prevent vomiting of stomach contents during surgery. **Your surgery may require you to fast for 6-8 hours before surgery. Do not eat or drink!!**

?Take only the medications your doctor told you to take. Do not take any other medications. Drink water with pills.

?Take a bath or shower

?Brush your teeth

?Remove all makeup, jewelry, and nail polish

?Leave money, credit cards, and keys at home

?Bring with you to the hospital:

?? Cases for contact lenses and dentures if you wear them

?? Medications or medical equipment you need to provide.

?? Toothbrush, toothpaste, and other items you need for the day after surgery requires you to bring them with you

?If you are an outpatient (patient):

?? Wear loose clothing

?? Make plans for someone to drive you home

?? Listen to your doctor's instructions

?? Drive you home

?? Stay with you for the rest of the day after you arrive home from surgery.

COMING TO THE HOSPITAL

Please come to the hospital 2 hours prior to your scheduled surgery time. Check in at the Admitting Office unless other arrangements have been made for you.

Same Day Surgery Area A hospital staff member will direct you to the pre-op holding area on the Same Day Surgery Unit. Family members can escort you. On the unit, you will change into a hospital gown. A nurse will check your heart rate and blood pressure and may start an IV (intravenous line). The nurse will also ask you some questions. You may notice that the nurses and doctors will often ask some of the same questions. This is done to make sure that important things about you are checked and re-checked (for example: correct surgery, correct side, allergy information)

Your **Anesthesiologist**, a doctor or a certified nurse anesthetist who will help you stay comfortable and relaxed during surgery, will check your test results and health history. He/she will tell you about the type with tubing connected to your IV line. When you want some pain medication, you press a control button. Pain medication will be given directly into your blood stream, taking away pain in just a few minutes. **(You are the only person who should press the control button, not your family members.)** The PCA pump is only used for patients while they are in the hospital.

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EATING AND DRINKING

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?Eat in small amounts

?Avoid fatty foods (meat)

Inform your nurse or doctor if you can be given medication: Follow your doctor's instructions to prevent vomiting after surgery.

prevention of pneumonia after surgery. You may use a breathing device that measures your breathing. You will want to keep your incision area to prevent discoloration.

Your surgeon may order pressure devices for your leg to prevent blood clots. Doing a flexing your feet) will also be

Soon after surgery the nurses will help you to turn in bed, sit up, and walk. These activities will help get your body functions back to normal.

Pain Control: You may be given pain medication in the hospital or be sent home with a prescription for some. Let your nurse or doctor know when you have pain. It is important to keep your pain level low so you will be able to move around easily to prevent other problems. You can measure your pain by rating it on a scale of one to ten with ten being the highest pain level and one being the lowest pain level.

If you take your pain medication as you are told, you will not become addicted to it. For your safety after you go home, it is important to **not drink alcohol, and to not drive or operate dangerous machines while taking some pain medications.** Read the label on your pain pill bottle.

If you have major surgery your surgeon may order a type of pain medication called Patient Controlled Analgesia (PCA). This uses a pump and syringe system of anesthesia you will receive. You may also be given some medication that will help you relax. This medication can also make you so relaxed that you may not remember anything until after leaving the operating room.

When it is time for surgery your family will be directed to the surgery waiting area.

THE OPERATING ROOM

Your anesthetist and a nurse will be in the operating room. The lights will be dimmed and you may feel cool. The doctors and nurses will wear masks, hair coverings, sterile gowns, and gloves.

You will be put onto a table. An oxygen mask will be put on your chest to receive oxygen. A blood pressure cuff will be put on your arm. A pulse oximeter will be put on your finger to monitor your oxygen level. The anesthesiologist connects the equipment to keep track of your vital signs during your surgery.

TYPES OF ANESTHESIA

General anesthesia affects the whole body. Anesthetics (medication to make you unconscious) are given through your IV line and you cannot breathe. Once you are asleep your mouth and through your nose. A "breathing" tube is usually used to give you the anesthetic gas. You will not know the tube has been removed. You may notice a sore throat when you wake up.

Regional anesthesia affects a specific section of your body. You may be given medication to help you relax. You may feel numbness but no pain.

Local anesthesia and injection will be used to numb a small area of your body where the skin is cut.

medication to make you comfortable and relaxed during your surgery.

AFTER SURGERY

When surgery is over, you will go to the recovery room while the anesthesia wears off. The nurse will check your vital signs (pulse and blood pressure) and dressing site. Depending on your type of surgery, you may have some tubes attached to your body. These tubes are needed to provide fluid and oxygen, remove stomach gases, drain fluid from the incision site, and remove urine.

Let your nurse know if you are cold, in pain or if you have an upset stomach. Warm blankets and medications are available to help make you feel more comfortable.

While you are in the recovery room, your surgeon will talk to your family to let them know how you are doing.

If you are an inpatient you will be in the recovery room for about 1-2 hours. You will then go to your hospital room. Your family will be told when you go to your hospital room. They will be able to visit you there.

If you are an outpatient and depending on the type of surgery you have had, you may spend 1 hour in recovery room or you may be taken back to the Same Day Surgery Unit to complete your recovery phase after you wake up.

Family members will be able to be with you while you finish your hospital recovery on the Same Day

Surgery Unit. You will spend before you go home.

When it is time for you outpatient surgery, you will have instructions about how to care for your surgery site.

?You may be sleepy so to these instructions and you will not be able to drive if an adult is with you.

?You should not drive machinery for 24 hours.

?You will need an adult to drive you home the day of surgery.

YOUR RECOVERY

Exercises: You will be encouraged to walk and breathe to help prevent breathing problems.

If you are an outpatient (patient):

?? Wear loose clothing

?? Make plans for transportation home

?? Listen to your doctor's instructions

?? Drive you home

?? Stay with you until you are able to walk

after you are discharged

COMING TO THE HOSPITAL

Please come to the hospital at the scheduled surgery time. Check in at the Same Day Surgery Unit.

by Emergency Room unless other arrangements have been made for you.

Same Day Surgery Area A hospital staff member will direct you to the pre-op holding area on the Same Day Surgery Unit. Family members can escort you. On the unit, you will change into a hospital gown. A nurse will check your heart rate and blood pressure and may start an IV (intravenous line). The nurse will also ask you some questions. You may notice that the nurses and doctors will often ask some of the same questions. This is done to make sure that important things about you are checked and re-checked (for example: correct surgery, correct side, allergy information)

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EATING AND DRINKING

Your digestive system may be slow after surgery especially after having abdominal (stomach area) surgery. If you are an inpatient you may need to be fed

through your IV line and may keep your stomach empty.

You may be given ice chips or clear liquids (broth, jello, tea) until you are able to eat regular food as you feel better. You can have liquids or solid food if you have had no surgery of the mouth or throat. Your doctor will write the order for you.

Nausea is a problem often associated with anesthesia and pain medication.

? **Try eating easily digested foods**
crackers
soda pop

? **Eat in small amounts**

? **Avoid fatty foods** (meats, fried foods)

Inform your nurse or doctor if you are having nausea. You can be given medication to help. Follow your doctor's instructions. Do not vomit after surgery.