



FLOYD
PREOPERATIVE EVALUATION CENTER
PREOPERATIVE INSTRUCTIONS
THESE APPLY TO ALL PATIENTS



GENERAL PREOP INSTRUCTIONS

1. Review the medication instructions (separate page) given by the hospital staff during your Preoperative Evaluation. Your surgery may be delayed or canceled if these instructions are not followed exactly. Call 706-509-6439 if you have questions about what to do with your medication around surgery.
2. Suspend shaving (besides facial shaving for men) for 72 hours prior to surgery.
3. Notify your surgeon if you have any new signs or symptoms of illness after your PEC visit (eg cough, congestion, breaks in skin near surgical area).
4. The night before your surgery or procedure, do not eat food of any kind for **8 hours** prior to your arrival at the hospital. This can prevent the serious complication of vomiting during surgery causing lung damage. You are encouraged to drink clear liquids with calories* including Gatorade/Powerade, apple juice, Sprite or Coke, and black coffee *without creamer* up to **2 hours** prior to your arrival at the hospital.

** Do **NOT** drink orange juice, milk, coffee creamer, or any liquid other than what is listed above. Your surgery may be delayed or canceled if you do not follow these eating and drinking instructions exactly.*
5. Smoking tobacco causes breathing and heart problems under anesthesia, and can prevent your surgical wound from healing properly. Quit smoking for as long as possible before and after surgery, and ***DO NOT SMOKE the day of your procedure***. Your primary care doctor can assist you with nicotine replacement therapy on request.
6. Please make arrangements for a family member or friend to come with you on the day of surgery. If you are being dismissed the same day, someone must be with you to drive you home. You should also have someone available to stay with you for 24 hours after surgery.
7. Most females of child bearing age will all be asked to collect a urine sample for pregnancy testing on the day of surgery. The only exception is if you have had a hysterectomy or are postmenopausal. Please be prepared to give a specimen soon after arrival on the day of surgery.
8. Do not wear make up, colored nail polish or colored acrylic nails, metal hair clips or contact lenses.
9. Leave all valuables at home (e.g., jewelry, wallets, purses).
10. Shower the night before or the morning of surgery with soap. If you received a pre-surgery shower kit, follow those instructions instead. Do not apply lotions or body oils after showering.
11. Remove ALL body piercing jewelry from all parts of your body.
12. Bring a case for your glasses, hearing aids, dentures or contacts.
13. Wear comfortable, loose-fitting clothing and flat shoes.
14. Bring your driver's license or other valid I.D and insurance card.
15. Bring the following items and leave them in your car: pillow, CPAP machine and mask if you use one, oxygen tank.
16. Patients with implanted electronic devices, bring your patient controller (if you have one).

Patient Identification

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WHAT TO EXPECT THE DAY OF SURGERY

Arrival at the Surgery area:

- Check in the registration desk and complete the required paperwork.
- You will receive a pager that will be used to contact your family members and friends throughout the process for information about how you are doing. The pagers will not work off Floyd property.

Preoperative area:

- Your blood pressure, temperature, breathing and heart rate will be measured.
- Information on your chart will be reviewed with you (allergies, consent forms, medications, history, person to drive you home,etc.)
- You will change into a patient gown.
- Additional preparations will be completed as needed (IV fluids, meds, skin prep, labs, EKG, etc.)
- The anesthesiologist will talk with you about the plan for anesthesia, review your history and answer any questions that you may have.
 - You may be given the option of having a nerve block before your surgery. This is determined by your type of surgery, health history, and through your surgeons and anesthesiologists discretion.
- Your surgeon will come and talk to you, answer any further questions and put their initials on your surgical site if applicable.
- If possible, a family member will be allowed to remain with you in the preoperative area.

After Surgery:

- You will go to the recovery room where your nurse will closely observe you and if needed give you medications to keep you comfortable.
- Your physician will speak with your family after your surgery is over.
- If you are being admitted to the hospital, you will be taken to your hospital room as soon as it is available. Your family will be directed to your hospital room as well.
- If you are being dismissed the same day, you will go to the Phase II/ Step down recovery.

Phase II/Step down Recovery:

- Your family and/or friends join you and will receive information on caring for you after your surgery.
- You will be offered liquids and crackers.
- You will be monitored for approximately 30 mins.- 1 hr. (vital signs, comfort, ability to walk).
- Your IV will be removed before you go home.
- You will be assisted to dress and be taken by wheelchair to your driver's car.
- You should bring pillows for padding/comfort for the ride home.
- Please make sure to bring any medical devices that your surgeon may have given you that will be applied after surgery with you on the day of surgery (braces, slings etc.)

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