

## **What to Expect on the Day of Your Surgery and During Your Hospital Stay**

1. You should not eat or drink anything on the day of your surgery. Certain medication, such as blood pressure medication can be taken with a SMALL SIP of water.
2. You will be told what time to report to the Admissions department at \_\_\_\_\_ Hospital (first floor, adjacent to the main lobby) at your pre-operative appointment. We anticipate your surgery starting approximately two hours after you arrive. We will do our best to start all cases on time, but certain cases may take longer or shorter than expected and thus your surgery may be delayed or accelerated.
3. You may find it easier to be dropped off at the Peachtree Street entrance of the hospital and then have family or friends park the car.
4. You will be asked to report to the pre-operative area 30 to 60 minutes before your surgery. There you will be asked to change into a gown and remove all jewelry. You will also be asked several times to verify your name, date of birth, medication allergies, name of your physician, and the surgery type and side you are having done. The nurses will also start an IV, review your medications and make sure all of your paperwork is in order.
5. You will meet your Anesthesiologist on the day of your surgery and be able to discuss your anesthesia concerns that day.
6. Family members and friends will be asked to leave during placement of the IVs. They may stay with you during most of your stay in the pre-operative area. Due to size of the pre-operative area, there is a limit on how many people are allowed to wait with you at one time.
7. Upon time for your operation to begin, a nurse and a member of the anesthesia team will escort you to the operating room. You will still be awake and alert at this time. Members of the operating team will be busy preparing for your case and may look funny to you since we wear “spacesuits” to decrease the risk of infection. You will notice that the operating room is cold, but we will keep you warm with heated blankets during surgery.
8. After you move over from the stretcher to the operating table (narrow table), the anesthesiology team will administer your anesthesia. You most likely will have no recollections from that point until you awake in the recovery room.
9. Your operation should take approximately two hours of actual operative time, but may take more or less depending on the complexity of the case.
10. After the surgery, you will be escorted to the recovery room where the nurses and staff will be monitoring your vital signs and pain levels. Your stay there is generally one to three hours. Family members are generally not allowed in the recovery room due to size constraints.
11. Dr. Miller-Thrasher or her associate will talk to your family and friends in the surgical waiting area immediately following the surgery. \_\_\_\_ Hospital also has staff available in the surgical waiting area to assist family members and answer any questions.
12. After the recovery room staff has cleared you for transfer, you will be escorted to your private room upstairs. The usual location for our patients is the fourth floor.

13. At your arrival to your room, the nurse will greet you and make sure you are comfortable and tucked in.
14. We do not recommend that you eat much in the way of solid foods as the anesthesia and pain medicine may make you nauseated. We will start you on liquids and possibly soft food the night of your surgery.
15. The first afternoon and evening after your surgery is dedicated to getting you comfortable and settled in your room. Depending on the time of your surgery, you may or may not start therapy on the day of your surgery. Ideally, you will begin walking on the day of your surgery.
16. It is normal for some people to experience nausea following this type of surgery. If you do feel nauseated, please tell the nurse and he or she can administer medication for that.
17. It is also normal for some people to have temporary itching from their pain medication. The nurses will also be able to give you medication for this.
18. Constipation is a side effect from the pain medication. We encourage you to drink lots of fluids and add foods that have high fiber to your diet such as fruits, vegetables and grains. The nurses can also give you a stool softener or laxative if needed.
19. It is normal to have pain after this type of surgery. We will work with the pain service and nursing staff to help control your pain to a tolerable level. Ice is also available to help control your pain and swelling.
20. It is normal to not sleep well the first night after your surgery as your body is adjusting to your surgery and because we ask the nursing staff to check on you every two hours. As you recover, the staff will not need to check on you as often.
21. There will be some “down time” in the hospital. You may wish to bring books, magazines, CD’s, iPod, portable DVD player for entertainment.
22. You will need to bring lots of clothing to the hospital. You may want to bring your pajamas, gym shorts and t-shirts. To go home, you will want to wear baggy pants or sweats rather than fitter or tight pants. Please bring any toiletries that you wish.
23. You do not have to bring your home medications with you as your home medications will be ordered and given to you by the nursing staff. However, it’s never a bad idea to bring your medications with you in case there is any confusion.
24. It is recommended that you keep visitors to a minimum the first night, as you may not be up for lots of company. You may also find that you are more comfortable with short visits as you may find you easily fatigue after surgery.
25. Your spouse or loved one may stay with you in your hospital room, but it is certainly not necessary. The sleeping arrangements for guests are sparse, but and they may be better rested after a good night of sleep at home.
26. Try to sleep when you can, eat when you can and please walk when you can while at the hospital.