

Preparing For Surgery

Welcome to Montefiore

We're pleased that you've chosen Montefiore for your surgery. Our skilled team of surgeons, nurses and clinical professionals will do their best so that everything goes as well as possible. Please review these important instructions.

Important Information

To avoid having your surgery canceled or postponed, it is very important that you:

- Obtain all pre-testing items ordered by your surgeon. This may include blood tests, EKG, X-ray or appointments with other physicians or an anesthesiologist.
- Follow the instructions provided to you in this folder and from your surgeon's office.
- Speak with your doctor regarding any medications you should or should not take prior to surgery.

Things NOT TO DO before surgery:

- Do not eat anything after midnight before surgery (including candy, mints and cough drops) unless otherwise instructed by your surgeon or anesthesiologist.
- Do not drink anything other than water after midnight before surgery. You may have plain water until 5 am before surgery.
- Do not drink alcohol 24 hours before surgery.
- Do not use any illegal, recreational drugs (including cocaine, marijuana) 24 hours before surgery.
- Do not smoke prior to surgery. Ask your physician about nicotine replacement treatment if you wish to stop smoking.
- Do not shave any part of your body within 24 hours of surgery.
- Do not wear make-up or nail polish.
- Do not wear jewelry, piercings, wigs, hair pins and hair pieces (these can interfere with your surgery).
- Do not wear contact lenses.
- Do not bring valuables (including money, wedding rings, credit cards and mobile phones) or your suitcase into the hospital. You may leave it with the person accompanying you to your surgery.
- Do not plan on driving yourself home.



Things TO DO before surgery:

- A pre-operative nurse will call you the business day before surgery and provide the following information:
 - Time of arrival
 - Time of surgery
 - Time of last solid food
 - Time of last water
 - Place to arrive
- Plan to arrive at the facility two hours before your scheduled surgery time.
- Take medications as instructed by your surgeon, anesthesiologist or primary care doctor before 5am the morning of surgery with a glass of water.
- Remember to complete any other tasks that were asked of you (for example, enema or bowel preparation).
- Take a shower using antibacterial soap (such as Safeguard® or Dial®) or use wipes as instructed before you arrive for your surgery.
- Brush your teeth before surgery without swallowing.
- Wear clean, comfortable, loose-fitting clothing.
- Bring prosthetic, orthopaedic devices or other medical equipment if your doctor prescribed them.
- Bring glasses, hearing aids and dentures, as well as their cases, for safe storage during your procedure.
- If you are staying overnight at the hospital, bring toiletries, a change of clothes and anything else you feel you will need during your hospitalization.
- Bring your identification, medical insurance card and co-payment if necessary.
- A responsible adult over the age of 18 must accompany you to the hospital and home following surgery. We highly recommend that an adult stay with you for the first 24 hours after your procedure.
- We recommend that you make arrangements for childcare prior to your surgery.
- Bring a copy of your Advance Directives if you have any
- Call your surgeon's office immediately if:
 - you have questions
 - your physical condition changes or you don't feel well
 - you need to cancel your surgery

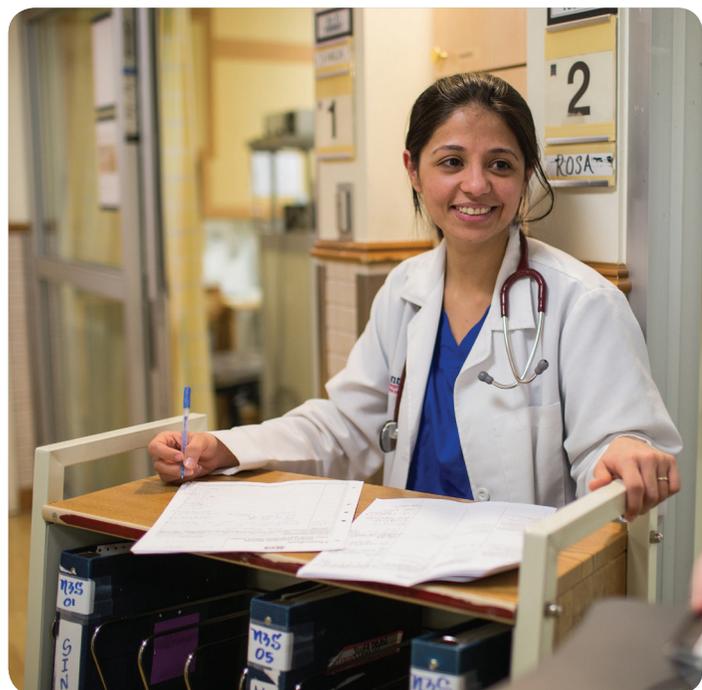
Surgery Day and Recovery

Before Your Surgery

- After checking in, you will change into a hospital gown. All of your belongings will be safely secured.
- You will be escorted into the pre-operative area. A nurse will check your blood pressure and temperature, listen to your heart, and review questions and directions with you. The nurse may also start an intravenous (IV) line at this time. You will also be visited by:
 - The surgeon who will perform your surgery
 - The anesthesiologist – the doctor who will be giving you anesthesia.
- When the surgical team is ready, your family will be directed to the family waiting room. You will be taken to the operating room for your procedure, where you will be greeted by several people, each playing a specific role in your care to ensure that your surgery is both safe and successful.

Following Your Surgery

- When your surgery is done, you will be taken to a recovery room. You will remain in the recovery room until you have recovered from anesthesia.
- The surgeon will speak with your family in the family waiting room. The recovery room staff will notify your family when they can see you after the procedure.



- You may not be able to eat right after surgery. At first, you may get only ice chips. As you recover from anesthesia, you may be able to progress from clear to full liquids and normal foods as prescribed by your doctor.
- If you are staying overnight at the facility, you will be taken to your hospital room with your belongings.
- If you are going directly home following your procedure, you will be given instructions by your surgeon. A nurse will review these with you and your designated adult driver. These instructions include information such as:
 - What may I eat/drink and when?
 - What medications should I take, how much and when?
 - How do I care for my wound?
 - How do I manage pain?
 - When can I take a bath or shower?
 - When can I go to work or participate in physical activity?
 - When can I drive?
 - When may I have sexual relations?
 - When should I see my doctor again?
- For those going directly home following your procedure, you will also receive a phone call one to two days after your surgery to see how you are doing. During the phone call, you will be asked a series of quick questions related to your surgery and recovery. You will have the opportunity to ask any questions that you may have.

Additional Care

- Some patients need additional care after surgery, such as home nursing care or physical therapy. This will be arranged for you before you leave the hospital.

Questions or Concerns

Contact your surgeon's office if you have questions or concerns before or after surgery.