

PATIENT SURGERY GUIDELINES

****For additional information, please visit the Preoperative Services website at www.fahc.org/preop/**

Preparing for Surgery

- * Follow the eating and drinking guidelines given to you by your surgeon's office. ("Clear liquids" includes water, apple juice, popsicles, Jell-O, ginger ale/Sprite, sports drinks).
- * Shower or bathe the night before and again on the morning of your surgery with an antibacterial soap.
- * Wear comfortable, loose-fitting clothing such as sweat suits, easy button shirts or blouses.
- * Remove all makeup and nail polish. Do not use alcohol based hair products.
- * Bring an eyeglass case or contact lens case if you wear corrective lenses.
- * Please leave all valuables, jewelry and money at home (except what may be needed if you have insurance co-pay). Remove all rings.
- * Please bring your health insurance information, your hospital card and payment for your co-pay or deductible charges due on admission.
- * Follow the instructions you were given about your medications. Bring inhalers, nebulizers and insulin to the hospital.
- * Single patients under the age of 18 MUST have a parent/legal guardian in the hospital at ALL times on the day of surgery, from the time of admission until discharge either to home or to an inpatient bed.
- * Notify your doctor if you become ill before your surgery or develop a blemish, cut, rash or abrasion on or around your operative area.
- * Bring in any special items needed (crutches, pillows for the ride home).
- * Arrange for a responsible adult to go home with you and to stay with you overnight.

On the Day of Your Surgery

Please arrive at Fletcher Allen Health Care at the time specified by your physician's office. This will allow us adequate time to prepare you for your surgery. Your surgery will be scheduled either at the **MCHV** campus or the **Fanny Allen** campus.

After registering in Admitting, you will be sent to the Surgical Admissions area where you will be prepared for your surgery. You will change into a hospital gown or pajamas (children). Your health status will be updated and an IV (intravenous) will be started. If an IV is needed on a child, it will be started in the operating room after the child is asleep.

You will meet one of the anesthesia staff who will be with you during your surgery. They will ask you some questions and finalize your anesthesia plan of care.

A designated family waiting area at each campus is staffed by a receptionist who will take your family's name once you've been transferred to the Operating Room. Your surgeon will speak with them after your surgery.

Your Recovery Stay after Surgery

You will be transferred from the Operating Room (OR) to the Post Anesthesia Care Unit (PACU). When having outpatient surgery, most often you will be able to go home between 1-4 hours after your surgery. Total recovery time varies based on the type of procedure. If you require extended recovery time, you can expect to be moved to the Post Procedure Recovery Unit (PPR) until your physician and nurse have determined that it is safe for you to go home.

If your physician determines that you require additional observation or a longer time to recover, you will be admitted and moved to an inpatient unit.

While in PACU after an outpatient surgery, **family visits are limited. Your cooperation is appreciated in making other arrangements for children under the age of 12.** If you are transferred to the PPR unit, your family will be able to join you in this area.

If you are being admitted to the hospital after your surgery, you will be transferred from the OR to the Inpatient PACU. You can expect to stay in recovery for 1-2 hours or until your condition is stable. Each patient in the Inpatient PACU may have only **one** family member visit for a maximum of ten minutes during the patient's stay. This individual can then report back to the rest of the family members. **Children are not permitted in this area.** Parents of pediatric patients may stay with their child.

All patients must be accompanied by a responsible adult when leaving the hospital after anesthesia or sedation. For the first 24 hour period after sedation/anesthesia, you should NOT make important decisions, drive, operate machinery or drink alcohol.