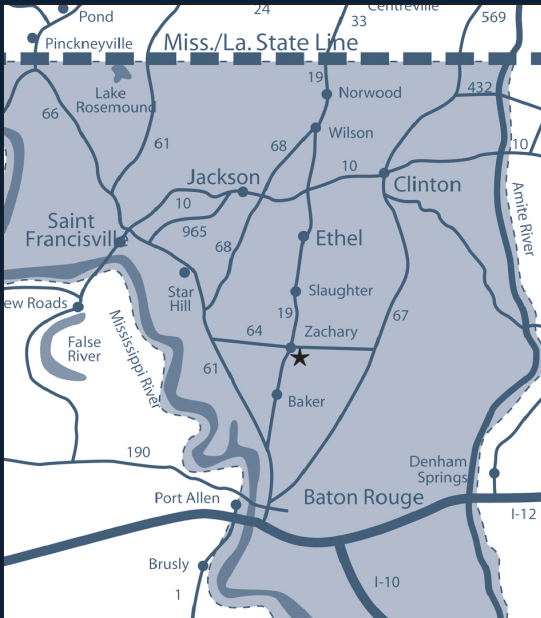




PREPARING FOR SURGERY

AT LANE REGIONAL MEDICAL CENTER

**Step by Step
Instructions
to help you
Prepare and
Recover**



**Lane Regional
Medical Center**

Changing and Growing With You

6300 Main Street
Zachary, Louisiana 70791
(225) 658-4000 | LaneRMC.org





PREPARING FOR SURGERY

BEFORE SURGERY

***If you have not already done so, please call the Pre-Admit Nurse to schedule your pre-admit visit, (225) 658-6685.**

All surgery patients must meet with the Pre-Admit Nurse before arriving for surgery.

PREPARING FOR MINOR SURGERY

As hospital stays after surgery become shorter, it is more important than ever for you to be prepared for surgery and to take an active part in your recovery.

More than half of the surgeries performed at Lane Regional Medical Center are done on an outpatient basis, which we refer to as "Day Surgery." Patients are cared for by our perioperative team in the Day Surgery Unit.

As you read this booklet, write down any questions on the back page you want to ask your doctor and health care team members.

MAKING ARRANGEMENTS AT HOME

- Before the day of surgery, make arrangements for someone to care for your children, parents, pets, or other dependents while you are in the hospital and after you are home. Children younger than 12 years old are not allowed in the Day Surgery Unit.
- Arrange to have someone such as family, friends, church members and/or neighbors provide help when you return home.
- Cook and freeze nutritious meals so you will have some rest from the kitchen after surgery.

- Check your home for fall hazards. Consider a purchase of safety items such as a bathtub mat, shower bench, or rail if needed. Rearrange furniture as needed.
- Take care of cleaning your house & doing laundry before surgery.
- Arrange for transportation to and from the hospital.
- If you have anesthesia, you must have a responsible adult remain at the hospital until you are discharged in order to drive you home.
- A parent or legal guardian must accompany a minor for surgery and remain at the hospital until the minor is discharged
- All parents, legal guardians, and/or responsible adults must remain in the waiting area to be available for the surgeon to discuss patient status and answer questions.

GETTING READY

PRE-OPERATIVE EVALUATION WITH YOUR DOCTOR

At your pre-operative appointment with your doctor, discuss any questions you have. Knowing what to expect helps relieve any anxiety you may have about your surgery.

Some frequently asked questions about surgery include:

- What type of pain will I have after surgery?
- When can I eat after surgery?
- How long will I stay in the hospital?
- When can I return to work?
- When can I drive myself?
- When can I start exercising after surgery?
- When can I resume sexual relations?

Inform your physician of all medical conditions you have. For example, asthma, diabetes, thyroid problems, back/neck problems, Mitral Valve Prolapse, etc. Your physician will determine if it is necessary to have medical clearance from any other physician before you have surgery.

Tell your doctor **ALL** medications you are taking, including:

- Prescription
- Non-prescription
- Over the counter
- Vitamins
- Herbs
- Diet pills

Ask your physician when to stop taking any of these medications before surgery.

If you feel sick (have fever, sore throat, or any type of infection) between now and the time of your surgery, tell your physician. DO NOT wait until the day of surgery.

ITEMS YOU SHOULD BRING TO THE HOSPITAL

- All home medications
- Your Driver's license and Insurance Card
- A copy of your living will, if applicable
- Any special medical equipment that you use. For example, CPAP machine
- Your inhaler if you have asthma or any other lung condition
- If any pre-surgery tests were performed at another lab or hospital, make sure you bring the results and other necessary paperwork with you.

*Please leave all jewelry and valuables at home.
The hospital is not responsible for lost items.*

IMPORTANT LAST MINUTE INSTRUCTIONS BEFORE SURGERY

- Take a shower the night before AND the morning of surgery with antibacterial soap, and put on clean, freshly washed clothes to come to the hospital. Please wear comfortable, loose fitting clothing.
- You may brush your teeth, but DO NOT swallow any water.

- If you are taking medication for any condition, please bring all medication with you the day of surgery.
- If you have been told to take medication on the day of surgery, take them with an ounce (2 tablespoons) of water ONLY.
- Remove ALL body piercing and jewelry; leave items at home.
- Contact lens and/or dentures cannot be worn in the operating room. Please bring a case for these items with you on the day of surgery.

WHAT NOT TO DO:

- DO NOT suck on mints, chew gum, eat or drink anything including water after midnight before surgery (unless your physician instructed you otherwise).
- DO NOT smoke the morning of your surgery.
- DO NOT wear make up or nail polish.

THE DAY OF SURGERY

First Stop...Pre-Surgery/Day Surgery

1. Upon arrival at the hospital, report to Day Surgery located on the 2nd floor just off the elevator.

ALL family members and visitors will be asked to wait in the surgery waiting room until your preparation for surgery is completed. Note: Only 2 family members/visitors per patient are allowed.

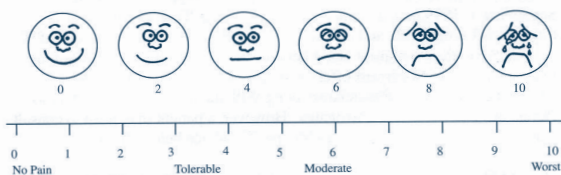
2. Your safety is a top priority at Lane and there are many safety checks in place to ensure that all members of your surgical team are fully informed of the care plan designed for your hospital stay.

We will ask you to verify your surgical procedure, and you may be asked the same questions more than once.

Your surgical site may even be marked by a member of the surgical team, if needed. (These are the recommended practices for all hospitals accredited by the Joint Commission.)

3. The Day Surgery nurse will:

- Review your medical history
- Explain the process for the day
- Take your vital signs: blood pressure, pulse, breathing rate, etc.
- Explain the pain scale rating of 0 to 10



4. The Holding Room nurse will:

- Start your IV
- Give any medications ordered by your doctor

5. A member of the anesthesia care team will:

- Visit you and answer any questions you may have about anesthesia. If you have had any problems with anesthesia in the past, please let them know at this time.

Second stop...Operating Room

- You will be taken to the Operating Room.
- Your family and visitors will be asked to wait in the surgery waiting room.

Third stop...Recovery Room

- You will spend some time in the recovery room after your surgery.
- The nurse will take your vital signs often and ask you to take deep breaths.
- You will be given medications to ease your discomfort or nausea.
- You will receive oxygen to help you breathe easier
- Your family cannot visit you while you are in this area

Fourth stop...Day Surgery

- You will be taken back to the Day Surgery Unit after your recovery room time is complete.
- You will finish your recovery in the Day Surgery Unit before being discharged home.
- You will be given the necessary instructions regarding your activities, diet, bathing, medications, pain, and other concerns.
- Maximum of 2 visitors at a time are allowed in the Day Surgery Unit.
- If you are to be admitted into the hospital after surgery, you will be taken to your assigned room after your recovery room time is completed for further monitoring of your recovery. Your family may join you in your room.

HELPFUL HINTS for family members and visitors after your surgery:

- Please minimize talking as a courtesy to patients.
- Please use waiting areas to visit and/or make phone calls. Do not make calls on your cell phone when you are inside the Day Surgery Unit since other patients are trying to rest. Please use the silent/vibrate setting on your cell phone while in the hospital.
- Designated waiting areas are provided for visitors while patients are in surgery. Waiting in hallways of patient care areas is not permitted due to safety and privacy concerns.
- No children under 12 years of age may visit inside the Day Surgery Unit.
- Do not bring food or coffee into the Day Surgery Unit because food smells can make patients feel queasy.

Questions I want to ask my health care team:
