

# Welcome to Southcoast Hospital

## Perioperative Services

### Preparing You for Your Surgery

We understand that having surgery can be stressful. Our team is here to support you every step of the way. We want you and your loved ones to feel informed and prepared, so you'll know what to expect when you arrive for surgery.

Please take the time to read through this booklet carefully, as it contains important information to help ensure a safe and successful surgery. If you have any questions, don't hesitate to contact your surgeon's office.

### One week before surgery

You will be scheduled for either an in-person visit or a phone call with our Pre-Admission Testing center. This appointment helps to ensure you are in the best possible health for surgery. During the conversation, a nurse will review your medical and surgical history, current medication, (including doses and time), allergies and any other factors that could impact your procedure. You'll also receive specific instructions based on your surgery regarding bathing, medications, and food/drink restrictions. Please make sure you are not driving during this call so you can focus fully on the information being discussed.

**You may also receive specific instructions from your surgeon, which you must be sure to follow.**

**You must arrange for a responsible adult to drive you home after your surgery. For your safety, you will not be allowed to drive yourself or leave alone in a taxi, Uber, Lyft, or other ride service. Make sure your ride is available as your discharge time may change.**

### Day before surgery

You will receive a phone call from the Central Scheduling office to confirm your surgery, and they will give you your arrival time. **You will need to arrive on time the day of surgery.**

Occasionally, the exact time of your surgery may change due to unforeseen circumstances. If this happens, we will do everything we can to meet your needs. **If you have not heard from Central Scheduling by 3:30pm, the business day prior to your surgery, please contact your surgeon's office.**

## Day of surgery

Arrive to the hospital and proceed to patient registration to be checked in. There, you will be provided with a hospital I.D. band, and they will be validating your health insurance information. If a copay is required, it will be collected at this time. You will then proceed to the surgical waiting room.

Once the Ambulatory Surgical Unit (ASU) is ready, you will meet your nurse who will have you change into hospital attire and begin the preparation for surgery. During this time, you will be asked several important questions:

- Allergies and current medications
- Surgical skin preparation (if required)
- A designated person for the surgeon to speak to after the surgery/procedure is complete.
- The name and number of the adult driving you home after surgery
- Please know your preferred pharmacy and address. Post operative medications will be sent to the pharmacy listed in your medical record

For your convenience Charlton Memorial and St. Luke's have retail pharmacies on site Monday-Friday 7:00am-6:00pm.

One family member may stay with you until you go into your surgery or procedure.

If you are having anesthesia, your anesthesiologist will speak with you and obtain your written consent. Make sure it is explained to you in a way you can understand.

Your surgeon will also meet with you before your surgery to answer any questions and obtain your written consent. If applicable your surgeon will mark the surgical site.

Feel free to ask questions at any time about your procedure, anesthesia, pain management or other concerns. Your comfort and care are our top priorities. If at any point something doesn't meet your needs or expectations, do not hesitate to let us know-we are here to support you.

Once everything has been carefully reviewed and confirmed the operating room team will transport you into the operating room.

## After surgery/procedure

After your surgery/procedure you will go to the recovery area. It is important to understand that being completely pain free is not always possible. Some discomfort is normal and part of the healing process. Our team will work closely with you to manage your pain effectively using the pain scale as a guide. We understand that waiting during a loved ones' surgery can be difficult and stressful. Please keep in mind that recovery times vary from patient to patient. Our goal is to reunite patients with their friends and family as soon as possible. Please ensure we have the best phone number for your designated contact person so we can call them when you are ready for visitation or discharge.

With your permission, your doctor will update your designated person on how your surgery went.

If admitted to the hospital, following your recovery area stay, you will be brought to your hospital room. Visitors may join you there.

If you have outpatient surgery, you will return to the Ambulatory Surgical Unit. A family member can join you at this time.

## Before you go home

Your health care team will talk to you about:

- Any prescriptions you may need
- Follow up appointments with your doctor
- What to watch for during your recovery

You will be given discharge instructions. A nurse will review everything with you and answer any questions you may have.

Make sure all your questions are answered before you leave, and that you fully understand the information provided.

## Before your surgery

- Preadmission testing appointment (in person or phone)
- Central Scheduling will call with your arrival time the business day prior to your surgery date
- Contact your insurance company regarding any co pays that may be needed
- Make sure you have a responsible adult drive you home day of surgery
- Please follow your preadmission testing instructions for bathing, medications, and food/drink restrictions

## Day of your surgery

- Leave all valuables at home (purse, wallet, phone, jewelry)
- Arrive on time to patient registration
- Bring co pay if needed
- Bring photo ID and health insurance card
- Bring an updated list of your medications, allergies and any pharmacy information
- Questions for anesthesiologist and surgeon
- Have a responsible adult drive you home

## After surgery

- All questions will be answered regarding post operative care
- Discharge instructions will be reviewed with the nurse