

# The Day of Your Surgery

1. Plan on wearing loose and comfortable clothing and easy on/off shoes. A top with front zipper is a good choice when having surgery. Pants with an elastic waistband that can easily expand are important to wear post surgery. You may have on a surgical garment so please choose pants that are comfortable and loose fitting.
2. A urine sample may be requested prior to surgery so please hesitate to use the rest room prior to meeting with your pre-operative nurse.
3. Do not bring any valuable, jewelry or wear any make-up on the day of surgery.
4. You will change into a surgical gown once you are taken to the pre operative area. Your surgeon will visit with you and mark the surgical areas. Your anesthesiologist will have you sign a consent for anesthesia and be doing a very quick routine exam. You will have the opportunity to ask any last minute questions.
5. In the pre-op area, your IV will be started in your hand or arm by a nurse. Our pre-operative nurse will ensure your comfort.
6. Our pre-operative nurse will give you a medication that will allow you to drift off to sleep. A breathing tube will be placed after you are asleep and will be removed before you wake up. The only awareness you may have of the tube could be a sore, scratchy throat following surgery. If your surgery is planned for more than 3 hours you will also have a FOLEY CATHETER in your bladder. This will also be inserted AFTER you are asleep and removed before you wake up. You should be able to urinate normally within 6-8 hours after its removal.
7. You will be transferred to the recovery room on a bed and can expect to stay for another 1-1.5 hours. Most patients are fully awake with 15-60 minutes after surgery, but may not remember much due to the anesthetic drugs. You will be released when your vital signs are stable and your nausea, bleeding, and pain are minimal. A nurse will be with you while you are recovering.
8. You and a responsible adult will be given specific discharge instructions, necessary supplies, and a 1 week post-op appointment. Ask questions anytime.
9. **Listen to your body**...Rest when you feel pain or fatigue. BE PATIENT with the healing process, and remember you may have good and bad days. Everyone recovers at different rates so please do not compare yourself to friends or family members. Our RNs are available during Monday through Friday 8:30am through 5:00pm to answer any of your questions, and your surgeon can be paged after hours for urgent matters.