

# CROWN POINT



## ENDOSCOPY AND SURGERY CENTER

### Guide to Outpatient Surgical Procedures

#### Surgery Preparation Information

- All diet pills, herbal medications, and vitamin supplements must be stopped two weeks prior to the date of the surgery.
- If you are taking ANY blood thinning medications, you must contact the prescribing physician for guidelines on stopping and restarting your medication.
- If you suspect you are pregnant, please notify your surgeon. Anesthesia and certain medications may be harmful to the developing fetus.
- If you become ill with a fever, respiratory symptoms, intestinal distress, or any signs of infection, please contact your surgeon's office as soon as possible. Your surgery may need to be rescheduled for your safety.
- Please make arrangements for a responsible adult to accompany you for the entire duration of your surgery and stay with you for the first 24 hours after surgery involving anesthesia or sedation.
- You will be called the afternoon before your surgery with the time you need to arrive. This arrival time includes time for pre-operative preparation and consult with the anesthesia provider. **If you have not received a call by 3pm the day before your surgery – please contact us at 810-600-4000**

#### The Night Before Your Surgery

- Please shower or bathe with an antibacterial soap and scrub the surgical area that will be operated on. If you have received specific instructions from your surgeon – follow those instructions.
- Please do NOT eat or drink anything after midnight the night before your surgery if you are having any kind of sedation (this includes gum, mints, and vitamins). This is very important for your safety. You may brush your teeth and rinse without swallowing. If you are having a local procedure with NO SEDATION, then you can have a light meal the morning of your procedure.
- If you are taking medications, your surgeon will have given you instructions on which medications you should take the morning of surgery. If the surgeon has not provided that information, the nurse that does your Pre-Surgical call will give you those instructions.

## The Morning of Your Surgery

Do **NOT** eat or drink anything in the morning unless you have been given specific instructions stating otherwise.

- If you have not received specific bathing instructions, **DO** bathe or shower with an antibacterial soap, but do not apply lotions or oils to your skin after bathing
- **DO** wear comfortable clothing that you can change easily and that will not bind the site of your surgery.
- **DO NOT** wear jewelry, watches, makeup, or nail polish. Artificial nails should be removed from the operative hand or foot. If you wear contact lenses or glasses, please bring a case with you. All piercings must be removed. DO leave valuables and jewelry at home as the ASC is not responsible for lost or stolen articles.

## What to Bring the Day of Surgery

- Driver's license / picture ID
- Insurance Card
- Diabetic medications
- Inhalers
- Medications – if requested in your pre-surgical call
- List of Medications if unsure of all names and dosages
- CPAP machine and mask if you have one (can leave it in your car unless needed post-operatively)
- Any assistance devices or medical equipment (i.e. crutches, walker, braces)
- Paperwork received from your surgeon's office
- A copy of an Advanced Directive if you have one
- Family member or trusted friend

## At the Surgery Center

- Females of child-bearing age will be asked for a urine specimen.
- Your pre-op nurse will prepare you for surgery including assessment of your vital signs and will ask you about any pain you may have.
- Your anesthesia provider will discuss your anesthetic plan with you, tell you what will happen before, during and after your surgery and answer any remaining questions you may have.
- Your surgeon will see you prior to surgery to answer any questions you may have and mark your surgical site if applicable.
- Your surgical site may need to be clipped of hair the day of surgery. You may be asked to clip the area using electric clippers that we supply or the pre-operative nurse may assist you depending on your surgical site.

## After Your Surgery

Do **NOT** make any important decisions, drive, or operate machinery for 24 hours after your surgery.

- You must have a responsible adult with you to drive you home, or to accompany you if you plan to use a taxi service.
- You will rest in our recovery room under the care of specially trained nurses for 30 minutes or until you are ready to be discharged. Your vital signs will be monitored and you will be asked to evaluate any discomfort you are feeling on a 0 – 10 scale. “0” would mean no pain at all, “5” would be a moderate constant discomfort, and “10” would be the most severe pain you could imagine.
- Your anesthesia provider will monitor your condition.
- Discharge instructions will be reviewed with you and your accompanying adult. You will also receive a written copy of these instructions. If you need additional information as you recover at home, Please Contact your Surgeon’s Office.
- Have someone plan to stay at home with you through the night.

## When You Get Home

- Patient often experience minor after effects following anesthesia, such as drowsiness, muscle aches, a sore throat, headaches, or dizziness. Nausea may also be present, but vomiting is less common. These side effects decline rapidly in the hours following surgery, but may take several days before they are completely gone.
- The majority of patients do not feel up to their typical activities the next day, usually due to tiredness or surgical discomfort. Plan to take it easy for a few days until you fell back to normal.
- If you have questions about what you can or cannot do, when you can return to work or if you need additional paperwork completed, you need to contact your surgeon’s office.
- A nurse will be contacting you within 1-2 business days of your surgery to check on your progress.