

WEATHERFORD REGIONAL HOSPITAL



SURGERY DEPARTMENT

PATIENT INFORMATION PACKET

Patient Name: _____

Physician: _____

Surgery Date: _____

Arrival Time: _____

Thank you for choosing Weatherford Regional Hospital Surgery Department!

We realize this may be a new experience for you, so we have created this information packet to better prepare you and your support person(s) for your surgical procedure.

We need to give you some information and ask some questions to help us prepare for your care. A member of our nursing staff will attempt to contact you by telephone 1 – 3 days before your procedure date. To maintain privacy and comply with confidentiality requirements, they will identify themselves as being from the Weatherford Regional Hospital Surgery Department and will leave a message with a callback number on your answering machine if unable to reach you personally.

If we have not reached you, please contact us by dialing 580-774-4716 between 10 am and 3 pm, Monday through Friday. One of our nurses will speak with you. If staff does not answer, please leave a message, and someone will get back to you as soon as possible.

It is important that you follow your doctor/surgeon’s instructions for when to stop eating/drinking fluids and when to arrive at the hospital. In addition, you should follow your doctor’s instructions regarding what medications to take the morning of your surgery. Contact your surgeon if there is a change in your condition.

If you are taking ORAL diabetic medication, do not take it on the day of the procedure unless told to do so by your surgeon.

Take your regular medicine for HIGH BLOOD PRESSURE, HEART PROBLEMS, or SEIZURE PROBLEMS on the day of your procedure unless otherwise told to by your surgeon. Please take medication with ONLY A SIP OF WATER.

PLEASE REMEMBER:

NO solid food and/or non-clear/full liquids up to eight (8) hours before surgery.

Solid foods and Non-clear/Full liquids= milk, juice, nectar, vegetable juice, Jell-O, gum, candy, mints, etc.

Only clear liquids up to six (6) hours before surgery.

Clear liquids= clear apple juice, sugar water, water, 7-Up, Sprite, balanced salt solution (Gatorade).

Nothing by mouth for the six (6) hour period immediately before surgery.

**UNDIGESTED FOOD/ DRINK COULD CAUSE PROBLEMS AND
MAY REQUIRE RESCHEDULING OF YOUR SURGERY.**

Surgery Checklist

Surgery times are **APPROXIMATE** and may be earlier or later depending on the entire surgery schedule. Your designated arrival time is based on this issue.

- Take blood pressure, heart or seizure medication with a small sip of water as directed.
- Wear loose fitting clothing or pajamas.
- May use deodorant – No perfumes or lotions – Minimal or No makeup – No dark nail polish.
- Leave all jewelry and valuables at home. Leave cell phones or pagers at home or with other family members. The hospital is not responsible for lost or stolen items.**
- Consider bringing some method of payment should you need a prescription filled.
- Make arrangements for an adult to drive you home and stay with you for the first 24 hours after your procedure.**
*****FAILURE TO HAVE A DRIVER OR RESPONSIBLE ADULT TO STAY WITH YOU AFTER SURGERY WILL RESULT IN RESCHEDULING OF YOUR SURGERY.*****
- Bring the following items (if needed):**
 - Glasses/ contact lenses, dentures, hearing aids with the cases.
 - Completed HEALTH HISTORY.
 - Insurance card, paperwork from surgeon's office, test results

Pre-Admission:

- Complete pre-procedure testing (lab, x-ray, cardiology) as instructed by the surgeon's office, prior to the day of surgery.
- Contact your surgeon if your condition changes (cold, flu, etc.) and also contact the surgery department at 580-774-4716.

Admission:

- Please enter the hospital through the East Rotunda and check in at the ER registration desk.
 - Shower or bathe before your surgery.
 - Brush your teeth (do not swallow any water).
 - Do not wear makeup, no dark nail polish.
 - Wear loose fitting clothes.
 - Take your heart and/or blood pressure, seizure medicine with a sip of water in the morning.
 - Do NOT take oral diabetic medications the day of the procedure (unless specifically told to by your surgeon).
 - Leave all jewelry, wallets, purses, etc. at home.
 - Please check in at the registration desk.
 - PLEASE BRING YOUR:**
 - Glasses, contacts, hearing aids, dentures (with cases).
 - Insurance card
 - Advanced directive, living will, etc.

Surgical Preparation:

- ❑ A nurse will explain the process to you and ask you various questions on your health and preparation for the procedure.
- ❑ You will be asked to sign consent forms.
- ❑ You will be asked to change into a surgical gown.
- ❑ An Anesthesia Provider will talk to you before your surgery.
- ❑ A staff nurse will initiate an “IV” (intravenous line). This is a small catheter that is placed in a vein so that fluids and medication can be given during your procedure.
- ❑ Your surgeon may visit you at this time. If you need to speak with him/her, please let the nurse know.
- ❑ You will be moved to the operating room on a stretcher, hammock-like device, or wheelchair. In some cases you will be allowed to walk into the Operating room.

Operating Room:

- ❑ The rooms are kept quite cool. This is related to minimizing humidity as well as a few other factors.
- ❑ Warm blankets will be available and utilized on everyone.
- ❑ Equipment will be used to check your body systems (pulse, blood pressure, breathing).
- ❑ Additional equipment may be needed during the procedure itself.
- ❑ There will always be a professional person with you during your surgery.

Post Anesthesia Recovery Unit:

- ❑ This area will be used to take care of you immediately after surgery.
- ❑ There are bright lights and much activity.
- ❑ Your nurse will look at your surgical area and check your body systems.
- ❑ Remember, it is expected that you will have some pain after surgery.
- ❑ Your nurse will ask you to rate your pain from 0 (no pain) to 10 (severe pain). Medication will be given as ordered by your doctor.
- ❑ Verbal and written after-surgery instructions will be given to you and the person taking you home.
- ❑ With all types of anesthesia, you may be a little sleepy at discharge. Go directly home and get rest in your own comfortable surroundings. Since you may be a little unsteady, you will still need assistance when you get up.

Home Care Instructions:

Typical Day:

- ❑ Nausea and vomiting may occur after you go home.
- ❑ You may be groggy or sleepy.
- ❑ Anesthesia sometimes causes amnesia; you may not remember all of your discharge instructions. Those who were with you should review your instructions with you after you get home.
- ❑ Follow your surgeon's instructions regarding your dressings.

Signs/symptoms to report to your doctor:

- ❑ Excessive drainage/swelling from the surgical area.
- ❑ If pain medication is not effective.
- ❑ If temperature is greater than 101 degrees.
- ❑ Do not hesitate to call your doctor's office if you have any questions or problems.

Activity:

- ❑ Get plenty of rest for the remainder of the day.
- ❑ For your safety, have someone readily available to assist you.
- ❑ Follow activity limitations as directed by your surgeon.
- ❑ Maintain rest periods, but **KEEP ACTIVE**.
- ❑ Take the opportunity to move around about 30 – 45 minutes after taking pain medication. You will be more comfortable and more likely to have less hesitation to get up and move around.

Nutrition:

- ❑ Start slow, with clear liquids and increase as tolerated.
- ❑ Eat well-balanced meals for good wound healing.
- ❑ Drink lots of fluids.

Additional Information:

- ❑ Make an appointment for your follow-up visit as indicated on your instruction sheet.
- ❑ You will receive a follow-up call from the surgery staff 24 – 48 hours post-surgery. This is an opportunity to clarify any questions regarding your progress.

Pain Management:

- ❑ Remember it is normal to have some pain or discomfort after surgery.
- ❑ Take your pain medication with food as prescribed. You should take it regularly for the first day (24 hours) or so to promote your comfort and help carry on activities at home.
- ❑ If nauseated with taking pain medication, be sure to have some food in your stomach when you take the medicine.
- ❑ Being comfortable helps you move with ease.
- ❑ Avoid taking alcohol when taking pain medication.
- ❑ Avoid driving while taking pain medication.
- ❑ Contact your doctor if your pain medication is not effective in reducing/ relieving your pain. You may need a different prescription.