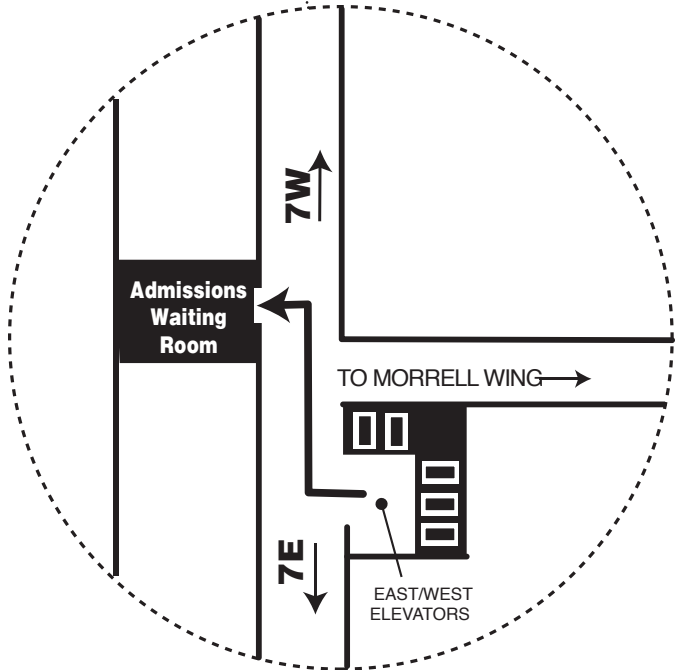
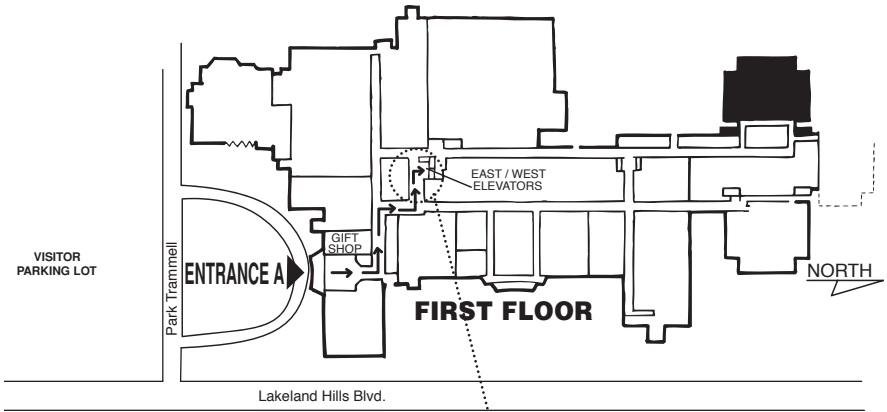




# HAVING SURGERY

at

LAKELAND REGIONAL  
MEDICAL CENTER



# HAVING SURGERY

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Now that you have been scheduled for surgery, your recovery will depend on many things, including your understanding of your medical and nursing care and your cooperation. We are here to care for you and guide you toward recovery. Your doctor and our staff will be teaching you about your care both before and after surgery. This booklet helps reinforce some of that teaching. If you have any questions, feel free to ask your nurses or doctors.

## GETTING READY

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**NUTRITION** You should not have anything by mouth after midnight unless your doctor tells you otherwise.

***Remember, nothing by mouth include: water, hard candy, gum and breath mints. You may brush your teeth, but do not swallow the water.***

**ARRIVAL** You will be instructed by your doctor on what time to arrive at the hospital. A nurse from the hospital will call you the day before your surgery to confirm the correct time. Changes in the surgery schedule may affect your arrival time.

**MEDICINE** Take your medicine the way your doctor told you to with a *sip* of water. Bring a list of all your medications including the dose and times due. Also, list any over the counter medicine, herbs and vitamins you are taking. Ask your doctor about any diabetic, aspirin or (NSAID) non-steroidal medications you are currently taking.



**CLOTHING** Wear clothes that will be easy to put back on and comfortable to wear home. **DO NOT** bring jewelry, money, credit cards or other valuable items. You will be asked to wear a hospital gown and remove your under clothes, dentures, partials, glasses, contact lenses, hair pins, wigs and all jewelry. You may be allowed to wear your hearing aides to surgery.

**SKIN PREPARATION** Depending on what type of surgery you will be having, you may be asked to wash with a special soap.

# ARRIVAL AT THE HOSPITAL

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## HOSPITAL ROOM

You will be taken to an admissions room where you will be asked to change into a hospital gown. The nurse will:

- explain what to expect
- obtain a health history
- perform a brief physical exam

## TESTS

Blood work, x-rays and an EKG (a tracing of your heart) may be done on the morning of surgery if not done prior.



## SKIN PREPARATION

You may have your skin prepared by washing with special soap or by clipping. If you are having surgery on a body part that has a left or right it will be marked with a special pen with the word “yes” in the holding room.

## SURGICAL PERMITS

You will be asked to sign a surgical permit. If you have any questions about the permit, be sure to ask your doctor before surgery.

## SPECIAL PREPARATION

Some surgeries require special preparations. You:

- may have IV (intravenous) fluids in your arm before surgery.
- may have a foley catheter. (A very small tube that drains urine from your bladder.)
- you may have on elastic stockings. (To increase circulation in your legs.)
- may be given a Pepcid pill. (Medicine that helps to decrease stomach irritation.)

***We will explain these and other special preparations in detail.***

## FAMILY

Your family may stay with you until it is time to go to surgery. (Please limit visitors to two (2) at a time.) Your nurse should be able to tell you the approximate time your surgery is scheduled. Your family should try to arrive a few hours before the scheduled time. During surgery, your family can wait in the SURGERY WAITING ROOM. Your doctor will talk to them as soon as he completes your surgery.

## AFTER SURGERY

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### PACU/ RECOVERY ROOM

If you have been put to sleep for surgery, you will be taken to the Post Anesthesia Care Unit (PACU)/Recovery Room. The length of time spent there varies from 1 to 4 hours.

### POST-OP

You will be taken to an inpatient room after your procedure if you are spending the night. Ambulatory patients will return to their original room.

### SICU- SURGICAL INTENSIVE CARE UNIT

Some surgeries require special monitoring immediately after surgery. Flowers are not allowed in the SICU. If you go the SICU, your family will be asked to take your belongings home. You and your family will receive more information on the SICU from the staff.

### NUTRITION

After surgery, your food intake will gradually progress from liquids to solids. The speed at which your intake progresses depends on the type of surgery you have had. You may have IV (intravenous) fluids in your arm until you are drinking an adequate amount of fluids.



## ACTIVITY

**DO NOT GET OUT OF BED ALONE** until your doctor or nurse says that it is OK. Walking, when allowed, is important in helping prevent other health problems.

## TURN, COUGH AND DEEP BREATHE

Our staff will be asking that you turn from side to side, take deep breaths and cough frequently. Doing this will help avoid lung problems after surgery.

## MEDICINE

Pain medicine will be available according to your doctor's orders. Tell us when you need it. Don't wait too long to ask: it works best when you begin to feel uncomfortable. Other medicines, such as antibiotics, may be given through an IV (intravenous) line.

## BANDAGES

You may have a bandage over your incision.

## TUBES

With some surgeries, various types of drainage tubes are used. If you have any, they will be explained to you.

## VISITORS

Visitors can be important in your recovery. Your rest is important. We limit the number of people in

your room to two (2).

Sometimes a phone call is more appreciated than a visit.

Visiting hours are from 7:00 a.m. until 9:00 p.m.

Visitors should not plan on spending the night and should not sit or lay on beds. Visitors may be asked to step out of the room when the nurses or doctors are caring for you.



## BEFORE GOING HOME

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Before you are permitted to go home, you must be awake and have someone to *drive you*. You must be able to meet your physician's discharge criteria.

You may have to wait for your physician to see you before discharge.

Upon discharge, you will be instructed on how to care for your wound or dressings, what foods you can eat and not eat, activity restrictions, how to take any medicines and information for your return appointment with your doctor..



Our staff is here to help you plan for your care at home. Assistance from Social Services is available in arranging for equipment needed at home or for other community services, such as a Home Health Nurse. These things are usually arranged before discharge. Please share questions or concerns, so that we can prepare you and your family for discharge.

## FOLLOW-UP

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It is important that you keep any doctor's appointments. You may receive a phone call from the hospital to check on your progress.

Our goal is to provide you with exceptional healthcare. If you have any questions, ask your doctor or nurse.

