

Surgery Pre-Procedure Patient Instructions



Thank you for choosing us for your care. To make sure you have the best possible outcomes, we are dedicated to providing you with the information and services you need to be prepared and remain safe during your journey. We know this can be a stressful experience, but your care team is here to guide you along the way and provide you with everything you need to feel comfortable and confident with your upcoming procedure.



Check with your insurance

Please check with your insurance company to complete any pre-certification requirements that you may have.

Visitor information

Due to the COVID-19 pandemic, visitor restrictions frequently change. Please go to <https://thedacare.org/patients-and-visitors/visitor-information/> to see the current rules. Your family/friend may be asked to wait in the car during your surgery/procedure. Everyone is required to wear a mask in ThedaCare facilities.

COVID vaccine information

- Avoid getting the COVID-19 vaccine within 7 days before elective surgery. It is common to have some COVID-19 like symptoms after vaccination. These symptoms would lead to potential delays in the procedure, a need for testing, or both.
- If your procedure is urgent or an emergency, it is ok to proceed with surgery as long as you do not have fever, chills, headache, or body/muscle aches.
- Avoid getting the vaccine in the same area of your body where you are having surgery, delayed vaccine site reactions can occur and can appear like a local infection.
- If the second dose of the vaccine is too close to your planned surgery, it is OK to delay the second dose until after you have recovered. The second vaccine dose may be given up to 42 days after the first dose.

Ride and transportation information

If you require anesthesia or sedation for your surgery, you must have a family member or friend bring you to and from the surgery center. If you do not have a ride, and to avoid having your procedure canceled, please contact us to help you identify available ride options.

Food and drink prior to surgery

For your safety, there are specific instructions for when to stop eating and drinking before your surgery/procedure. These instructions may be different if you have risk factors that include: obesity, pregnancy, diabetes, reflux (GERD), history of difficult airway, or chronic opioid use. It is important to follow your instructions so your surgery is not delayed or canceled. Follow these instructions for when to stop eating and drinking unless your surgeon gives you different information:

- **After midnight:** Do not eat fried foods, fatty foods, or meat.
- You can eat a small amount of dry toast, crackers or applesauce up to **6 hours prior to arrival**.
- **Beginning 6 hours prior to arrival:** Do not eat or drink anything except 8 oz. or less of clear liquids, such as: water, apple juice, clear soda, black coffee, tea, Gatorade, or Jell-O. Do not use any cream or lemon in your coffee or tea.

- **2 hours prior to arrival:** Stop drinking clear liquids and do not eat or drink anything until your procedure.
- **For infants:** Infant formula/non-human milk can be given up to 4 hours prior to arrival. Breast milk can be given up to 2 hours prior to arrival.

Medications prior to surgery

- Your provider will talk to you about any prescription blood thinners you may be taking. Bring a list of medications you are taking, including any over the counter medications.
- Do not bring any medications to the surgery unless your provider asks you to.
- If you have been given instructions for a bowel prep, please follow your physician's instructions.

When to arrive

- You will receive an automated phone call from ThedaCare two days prior to your procedure, informing you of the time you should arrive to the facility.
- You will need to confirm that you have received your arrival time by following the voice prompts during the automated call.
- If you haven't received your arrival time by the day before your procedure, please call **920.454.7076** between 7:30am - 5:00pm to receive your arrival time.

Preparing for surgery

- Do not shave your surgical area for at least one week before your surgery.
- Please shower or bathe (full body) within 24 hours prior to surgery.
 - Wash your hair and face with the soap you normally use.
 - Your provider may have given you a bottle of specialized soap, or CHG (Chlorhexidine gluconate) to use on your body. If you do not have CHG, you can use a bar or bottle of antimicrobial soap such as Dial.
 - Please follow physician instructions if more showers/baths are required.
 - If you have extremely sensitive skin, please contact the ThedaCare Surgery Optimization Center for further directions at **920.454.7076**.
- After showering, do not use lotion, deodorant, perfume, oils, gels, sprays, or any other product to your hair, face or skin.
- Wear clean, loose-fitting clothes on the morning of surgery.
- After showering with CHG (or antimicrobial soap), please sleep on clean sheets.
- You must remove all hairpins, makeup, jewelry (including wedding ring), false eyelashes, and nail polish prior to surgery.
- Please bring your glasses, hearing aids, CPAP, walker, or any other assistive devices you need.

- Do not bring any other valuables with you day of surgery.
- Please call your surgeon with any new symptoms of illness (fever, chills, cough, congestion) or skin problems (cuts, abrasion, scratches) before you come to the surgery center.
- It is very important to avoid alcohol, smoking (including e-cigarettes and chewing tobacco) and any recreational drugs for at least 7 days prior to surgery as they can affect your response to anesthesia and increase your risk for post-op infection.

Day of surgery

Arrival to the facility

- You will check in the registration area.
- You will need to bring your insurance card and photo ID, as well as any forms, education, or binder given to you by your provider.
- Bring any devices (braces, splints, crutches, walker, CPAP machine, etc.) given to you by your provider.
- Firearms and weapons are prohibited in ThedaCare facilities, they must be left at home or in your locked motor vehicle.

Your prep experience:

- Your prep nurse will welcome you and gather important information to keep you safe.
- Your nurse will go over consent forms for surgery and anesthesia, then ask you to sign them.
- All of your questions will be answered before continuing.
- An IV will be started (ports will not be used unless medically necessary).
- Your prep nurse will check your blood pressure, pulse, oxygen level, and temperature. Hair may also need to be removed from your surgery site.
- A pregnancy test may be required for females ages 10-55.
- Pre-operative medications may be given.
- When you and the team are ready for you to go to the operating room/procedure room, your family/friend will be guided to where they are able to wait until you are ready to see them.
- For your privacy we will ask you if it's okay to give your family/friend updates during and after your surgery/procedure.

Your operating room experience

- Your surgical team will greet you and assist you to the operating room table.
- The team will apply monitors to watch your vital signs, and will be by your side as you drift off to sleep.
- If your procedure is less than an hour long, the surgeon will speak with your family/friend after the surgery. If your procedure is longer than an hour, the nurse will provide hourly updates to your family/friend. You will be asked for your communication preferences upon arrival.

Your recovery experience

- After surgery, you will spend time in a recovery area. You will be monitored by a highly skilled recovery room team, who specialize in caring for patients after anesthesia and procedures. Depending on your procedure, and plans that you have made ahead of time, you will be discharged home or to the hospital unit. Your comfort, health, and safety will be continually assessed throughout your stay in the recovery room.
- You will be encouraged to get moving after surgery to help prevent swelling or blood clots, decrease your risk for infection or pneumonia, reduce constipation, and many other health benefits.
- A team will work with you to help with your recovery, get you something to eat and drink, help you get dressed if needed, and keep you warm and comfortable.
- We will verify that you have a follow-up appointment scheduled.

Your discharge experience

- When your care is complete, we will work with you to make sure you are discharged safely.
- Your nurse will review your discharge instructions with you.

