

So You Decided to Have Surgery

Getting Ready for Surgery

- Notify your insurance company to pre-authorize your surgery.
- You will need to have a physical examination with your doctor within 30 days of surgery.
- Tell your doctor about any medications that you take.
- If taking a blood thinner you will need to stop taking it as directed.
- Notify your surgeon if you have questions about your surgery.
- Complete required tests that may include blood work, urine test, or EKG.
- Do not eat or drink for the specified amount of time before surgery. This includes water.
- Arrange to have an adult give you a ride home after surgery.

Day of Surgery

- Do not wear make-up or nail polish.
- Artificial nails **must** to be removed if you are having surgery on your hand or arm.
- Jewelry and body piercings will be removed prior to surgery.
- Contacts will need to be removed before surgery. Please bring a case and solution.
- Arrive at the hospital at the time you are given.
- You will be asked to change into a hospital gown.
- You will be asked to sign consents for surgery.
- The surgeon and anesthesiologist will visit with you before surgery.
- An IV will be started before surgery.
- You will be asked to mark your surgery site with a surgical marker.
- You will be asked to go to the bathroom before going to surgery.

During Surgery

- A surgery staff member will bring you to the surgery suite.
- On arrival, the nurse will check your name band, confirm what type of surgery you are having and verify the surgical site.
- Your surgery team will be dressed in gowns, masks, hair coverings gloves, etc.
- You will lie on a narrow bed. A strap will keep you in place.
- The surgery suite will feel cool and you will be covered with warm blankets when you arrive.
- Monitors will be placed.
- Special socks may be applied to your lower legs to prevent blood clots.

After Surgery

- The surgeon will visit with your family after surgery.
- You will go to the recovery room until your condition is stable.
- You will be asked to take deep breaths to keep lungs clear and move your legs to keep your blood flowing.
- When you return to your hospital room, your diet will depend on the type of surgery you have had.

Dismissal

- You will be dismissed from the hospital with instructions regarding your incision(s), dressings / bandages, diet, bathing and how to manage discomfort and pain.
- You will be given a return appointment to see your surgeon.
- Your surgeon will let you know when you may return to work.

Please call the Floyd Valley Healthcare Scheduling Department at 712-546-3332 if you have any questions.

Check List

Be sure to bring:

- _____ Insurance information
- _____ List of medications and supplements
- _____ Case for eyeglasses, contact lenses or dentures
- _____ Toothbrush, toothpaste, toiletries, robe and slippers (If you are staying overnight)

**** Note: Please leave valuables at home. ****