

# Preparing for Your Surgery

Lakeview Hospital



Education Resources

Your surgery is scheduled for: \_\_\_\_\_

Day

Date

Procedure: \_\_\_\_\_ Surgeon: \_\_\_\_\_

Date/time of history and physical: \_\_\_\_\_

For up-to-date directions and parking information, please visit [healthpartners.com/care/hospitals/lakeview/patient-guest/parking/](http://healthpartners.com/care/hospitals/lakeview/patient-guest/parking/).

## Give us a call

If you have any question about the surgery process, please feel free to call the Surgery department at **651-430-4716**. For more information, visit [lakeviewhealth.org](http://lakeviewhealth.org).

Thank you for choosing Lakeview Hospital for your surgical experience. We look forward to caring for you.

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## Next steps

Your doctor has, or will be, scheduling you for surgery. These steps will prepare you for the best possible experience and outcome.

## Preparing before your surgery

You are required to have a presurgical physical within 30 days of your surgery. This is usually completed by your primary care doctor.

Please instruct your doctor to fax us the results of your presurgical physical, lab tests and EKG report to **952-883-9618**.

Discuss with your doctor all the medicine you are taking, including over-the-counter medications and herbal supplements.

- You must stop taking all aspirin products, anti-inflammatories such as ibuprofen (Motrin or Advil), naproxen (Aleve), Celebrex, and meloxicam (Mobic), vitamins and herbal supplements 1 week prior to surgery, unless otherwise directed.
- If you are taking aspirin, clopidogrel (Plavix) or warfarin (Coumadin), you need to discuss stopping these with your prescribing doctor.
- If you take insulin, ask how much to take the day of surgery.
- You may take acetaminophen (Tylenol) for pain as needed.

## The week before surgery

A nurse will call you 2 days before your surgery to collect information about your health history, provide you with additional surgery instructions, and give you your arrival time. If you are unavailable during this time or a nurse has not contacted you by the last business day before your surgery, call the Surgery department at **651-430-4716**, Monday through Friday, 8:30 a.m. to 4 p.m.

## The day before surgery

If you develop a cold, fever, sore throat or generally do not feel well prior to your surgery date, contact your doctor. If you wake up the morning of your surgery with a cold, fever or sore throat, call the Surgery department directly. For your safety, your surgery may need to be rescheduled.

## Do not eat after midnight the night before surgery.

You may drink clear liquids up to 2 hours prior to arriving for surgery (Maximum of one cup, water or clear juices). Do not chew gum, eat candy or mints, smoke, chew tobacco or drink alcohol. Your stomach must be completely empty to prevent vomiting during surgery, which can have serious consequences. **Your surgery may be cancelled if you do not follow these instructions.**

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## The morning of surgery

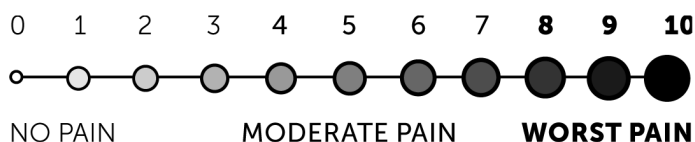
- You must arrange for transportation. You cannot be transferred by taxi or van services unless a responsible adult accompanies you. You may not drive under any circumstances for at least 24 hours after surgery. You must arrange to have a responsible adult drive you or accompany you home, assist you, and stay with you for at least 12 hours post surgery.
- **Do not eat anything until after surgery.** If you do, your surgery may be cancelled.
- You will be instructed which medications to take on the day of your surgery. You may take these in the morning of surgery with a sip of water.
- Bathe or shower with an antibacterial soap the night before or morning of your surgery. This minimizes your chance of infection. Do not apply scented lotions or perfumes.
- Brush your teeth and rinse your mouth making sure not to swallow any water.
- Do not use hairspray, styling gel, and other hair products.
- Do not wear make-up including mascara. Mascara could cause damage to the cornea.
- Do not wear fingernail polish or false fingernails.
- Remove toe nail polish if you are having foot surgery two days prior.
- **Do not wear jewelry (including pierced earrings or body piercing jewelry).** All body piercings must be removed prior to surgery.
- Wear loose comfortable clothing. Buttons, drawstring or zippered clothes are most practical.
- If you wear contacts, bring supplies to remove them or consider wearing your glasses.
- Do not bring a purse or valuables, including large amounts of money.
- Bring a current list of all medications you are taking and dosage amounts. This includes prescriptions and over-the-counter medications such as aspirin, vitamins and herbal supplements.

- Bring your health insurance card along with a photo ID (such as a driver's license).
- Bring eye drops prescribed by your eye surgeon if you are having cataract surgery.
- Bring your CPAP machine with you if you wear one for sleep apnea.
- All women of childbearing years can expect to have a urine pregnancy test the day of surgery.

## After your surgery

Your recovery will depend on the type of surgery you are having. Your comfort, especially around pain management, will be closely monitored.

Our goal is to keep you comfortable. You will be asked to rate your pain on a scale of 0 to 10 before and after your surgery. 0 meaning you have no pain and 10 representing unbearable pain. This will help us to determine the best pain management for you.



You will receive individualized discharge as well as a follow up phone call to check on the healing process. Your doctor will inform you of additional instructions.

## Anesthesia

An anesthesia provider will talk to you about anesthesia. The following are some things you will want to tell your anesthesia provider prior to surgery:

- Family or personal history of unexplained high temperature during or after surgery
- Difficulty placing the endotracheal (breathing) tube in past surgical procedures
- Use of oxygen at home
- Sleep apnea and use of CPAP therapy
- Recent colds or coughs
- Family history of anesthesia complications
- Postoperative nausea and vomiting or history of motion sickness

