

Preparing for Surgery

Your surgery is scheduled for:

Date: _____ Time: _____

Location: _____



Before Surgery

Surgical Pre-Admission (SPA) Phone Interview or Appointment

Your nurse will review the following with you:

- Medical and surgical history.
- Current medications and supplements.
- Confirm surgical procedure.
- When to stop eating and drinking before surgery.
- Instructions on medications to take or hold on the day of surgery.
- Answer any questions and address any special needs.

Notify your surgeon's office prior to surgery if you develop a cold, fever, sore throat or any other illness; skin rashes, infections or broken skin areas.

Day of Surgery

Before Coming to the Hospital

- Follow your surgeon's specific instructions regarding showering and skin preparation before surgery. Otherwise, shower the night before and the morning of surgery with any brand of antibacterial soap.
- Do not shave near the surgical site for three days prior to surgery.
- Sleep on clean sheets and wear clean pajamas.
- Brush your teeth.
- Wear clean, loose and comfortable clothing.
- Remove all body jewelry and piercings.
- Leave all jewelry and other valuables at home.
- Do not use lotions, deodorant, perfume, hair products or makeup.
- Do not wear contact lenses. Wear eyeglasses and bring an eyeglass case.
- For inpatients: You may bring a small suitcase; leave it in the car until you go to your room.

What to Bring with You

- Photo ID and insurance card(s).
- Deductible or copayments will be collected at time of admission. Please leave large sums of money and other credit cards at home.
- Brace, sling or crutches (if applicable) or any items specifically requested by your physician.
- Any paperwork from your surgeon.
- CPAP machine for sleep apnea (if applicable).
- Advance Directives: You will find answers to frequently asked questions and printable advance directive forms at overlakehospital.org/spa.

Eating or Drinking

- Do not drink alcohol or use recreational drugs for at least 24 hours before surgery.
- STOP eating all solid foods or liquids you cannot see through, by MIDNIGHT the night before surgery, including:
 - NO gum, hard candy or lozenges.
 - NO milk or dairy products.
 - NO coffee creamer.
- Hydration with CLEAR, non-carbonated liquids (drinks you can see through such as water, Gatorade, and/or apple juice without pulp) are encouraged up to two hours before coming to the hospital.
- Only take medications as instructed by the Surgical Pre-Admission nurse or your surgeon.

During Pre-Op

You will change into a hospital gown and a nurse will:

- Review your height, weight, vital signs and allergies.
- Review your medications (including the last time you took them), a brief medical/surgical history and consent form(s).
- Perform required tests, such as blood sugar, pregnancy test or EKG, if indicated.
- Document your designated contact person (including phone number) to receive updates during your surgery.
- Review your planned surgery start time, length of surgery and recovery time; if your surgery does not start at the exact time scheduled, we will keep you up to date regarding the time.
- Your anesthesiologist will discuss anesthesia and answer your questions.
- Your surgeon will answer your questions and mark the operative site, if indicated.

You will be asked the same questions by multiple caregivers including your name and date of birth.

Visitors

- Visitors are welcome and encouraged, but we may limit visitors during the pre-operative preparation.
- You will be able to see your visitors after your initial recovery phase is complete.
- Your visitors are always welcome to check in at any nurse's station or information desk for assistance.
- Children **CANNOT** be left unattended in the surgical waiting area at any time.

After Surgery

- Your surgeon will follow up with your designated contact person when the procedure is completed.
- You will be taken to the post-anesthesia care unit (PACU) immediately following surgery for recovery.

After Recovery

- Outpatients will be prepared for discharge.
- Inpatients will go to an inpatient hospital room.

Outpatients

- If you are going home the same day, your post-op nurse will review discharge instructions with you and your designated contact person.
- You may not drive yourself home.
- Someone over the age of 18 must be present to escort you home, whether in a car, bus or taxi.
- We recommend that a responsible adult remain at home with you for the first 24 hours following your surgery.
- Make a follow-up appointment with your surgeon.

Important Safety Information

Pain Management

- Minimizing your pain and ensuring your comfort will be our primary concern.
- We will work with you to develop a plan for pain control. Please understand that a goal of zero pain is often unrealistic.
- If you are taking narcotic pain medications, we will check on you often. Sometimes this means we will awaken you during the night.

Two Patient Identifiers

- To ensure your safety, you will be asked your name and birth date often, such as before a procedure or before receiving medications.

Staff Badges

- All staff members are required to wear an identification badge where it is easily seen. Feel free to ask any staff member for hospital identification.

Allergies

- Tell your surgeon, anesthesiologist and nurses about medication or food allergies, or any reactions to anesthesia. If you have an allergy, we will give you a special red armband with the word "allergy."

Prevent Falls

- You may be unsteady or lightheaded after surgery. Please don't get up without the help of nursing staff.

Prevent Infection

- Wash your hands! It is important for everyone—staff, visitors and patients—to wash their hands with soap and water or use hand gel. Do not hesitate to remind anyone that enters the room to wash their hands or to use hand gel.
- Check your incision site at least once a day. If you notice any of the following contact your doctor:
 - Increasing pain.
 - Redness, swelling, pus or drainage.
 - Fever of 101°F (38.3°C) or above; if you have chills.

Prevent Pneumonia

- Deep breathing and coughing is recommended after surgery. Taking deep breaths, approximately 8–10 times every hour while awake, can help clear your lungs and prevent pneumonia.

Prevent Skin Injury (Bed Sores)

- Resting in one position for too long can cause injury to the skin from pressure.
- Change positions frequently, at least every hour or two while you are awake, to prevent injury.

Prevent Blood Clots

A blood clot may potentially form within a deep vein, most commonly in the legs, and may include the following nonspecific symptoms:

- A red streak or area that is painful.
- An area that feels warm to the touch.
- Any swelling in your legs.
- Enlarged surface veins.

Sequential Compression Devices (SCD)

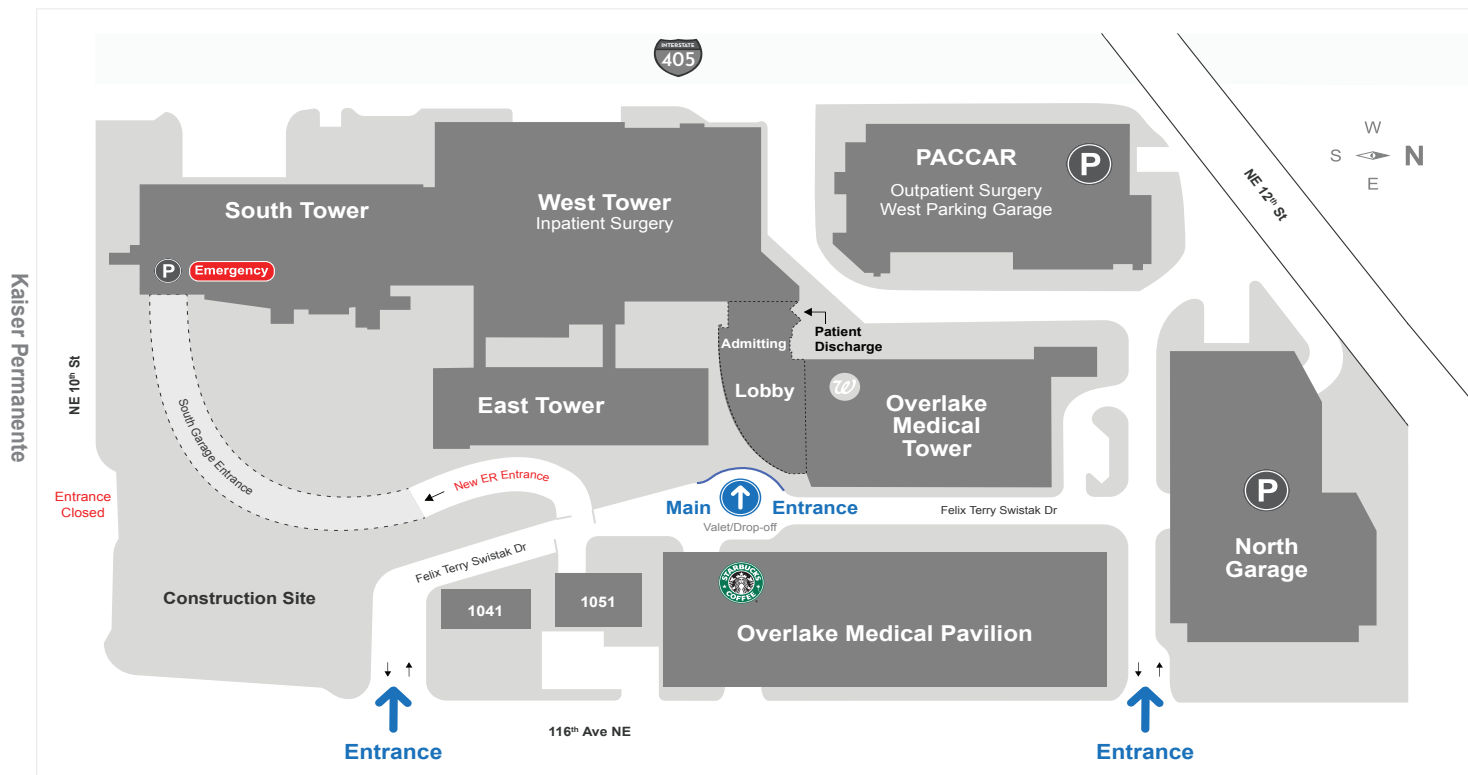
- During surgery, we will wrap your lower legs in compression wraps. These gently squeeze your lower legs to help blood flow back to the heart to lower the risk of developing a blood clot.
- Wear your SCDs when you are in bed or in a chair while in the hospital.

Anticoagulation Medication

- You may be given medication to prevent blood clots before and after surgery. Your doctor will discuss this with you.

Movement

- You will be asked to wiggle your toes, rotate your ankles, pump your feet, and **when safe**, get up and walk with help.



Admitting and Registration

- **For Inpatient Surgery:** Park in the WEST GARAGE. Take the elevator marked "Hospital" to the first floor. Walk outside, cross the walkway into the hospital, turn left and check in at Hospital Admitting.
- **For Outpatient Surgery:** Park in the WEST GARAGE. Take the elevator marked "Outpatient Surgery." Check in at the desk on the first floor.
- **For Valet and Handicap Parking:** Available at the Main Hospital entrance between 8 a.m.–5 p.m. Follow the signs to either Main Admitting or Outpatient Surgery.

Contact Information

Centralized Scheduling Total Joint Replacement Class Registration

☎ 425.688.5700, Option 8

Questions About Your Bill

☎ 425.688.5124

Separate, individual bills may be sent to you from the hospital, your surgeon and anesthesiologist.

Matrix Anesthesia Hotline

☎ 425.646.5825

Surgical Pre-Admission

☎ 425.688.5378

OVERLAKE MEDICAL CENTER & CLINICS

1035 116th Ave NE
Bellevue, WA 98004

☎ 425.688.5000
🌐 overlakehospital.org/spa

Overlake Medical Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 425.688.5304.
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 425.688.5304.
注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 425.688.5304。