

## BEFORE YOUR SURGERY

- Do not eat or drink anything after midnight the night before your surgery. This includes gum, mints, water, ice chips, etc. Your stomach must be empty or you could get sick.
- Do not **eat** anything after midnight the night before your surgery, but you may drink clear liquids, such as apple or cranberry juice, black coffee, Gatorade, water and tea until 2 hours before you arrive at the hospital.

The day before your surgery, drink plenty of non-caffeinated fluids unless instructed otherwise.

If you have been told to take any of your medication, take it with a small sip of water before coming to the hospital. You may brush your teeth, but don't swallow any water.

If you are feeling sick before your surgery, call your surgeon. He or she will tell you what to do. If you are sick on the day of your surgery and your surgery is scheduled at St. Francis DOWNTOWN, call 864-255-1080. If your surgery is scheduled at St. Francis EASTSIDE, call 864-675-4538.

**Do not shave your surgical site unless instructed otherwise by your surgeon. Shaving the surgical area may increase the risk of a surgical site infection and cause cancellation of your surgery.**

You may be given a surgical skin cleanser. Please follow the instructions given to you by the nurse during your Pre-Admission Testing visit.

Your surgical site may be marked prior to surgery. Children may bring a small blanket or toy.

Do not wear any makeup that covers your natural skin color, including mascara, and nail polish. Artificial nails are not permitted. Do not wear any cologne, perfume, lotions, powders or oils on your chest, legs, or near the surgical/procedural site. Deodorant is acceptable in most cases.

Piercings and Jewelry must be removed prior to your surgery, so is best to leave it at home.

If you wear glasses, contact lenses, dentures and/or Hearing aids, you will need to remove them prior to going into the operating room.

Smoking delays wound healing and increases your risk for infection. You are requested to quit smoking 4 weeks prior to surgery. Tobacco use is not permitted in any St. Francis building or on our grounds, including parking areas.

**You must have a responsible adult to drive you to the hospital, stay in the designated waiting area during your surgery and drive you home. You must have someone stay with you for the first 24 hours after your surgery. Please understand that these instructions are for your safety and comfort. If they aren't followed, your procedure/surgery will be delayed and may be cancelled.**

One to two family members may stay with you after you are prepped for your surgery. Space is limited, so additional guests may have to wait in the designated waiting areas. A parent must stay with children under age 18 at all times. Both parents may stay with children 13 years and younger.

Date of Surgery: \_\_\_\_\_

Location of Surgery: \_\_\_\_\_

**Time of arrival for surgery:** A nurse will call you by 5:00 pm the business day before your surgery to tell you the time you should arrive. Your arrival time may be different than your surgery time. If there is no answer; the nurse will leave you a voicemail. If you have not received a phone call and do not have a voicemail by 5:00 pm the day before your surgery please call the telephone numbers listed below.

**St Francis Eastside:** call (864) 675-4538

**St Francis Downtown:** call (864) 255-1080

## AFTER YOUR SURGERY

After your surgery, you will be monitored closely until you are awake. The average length of time from the end of your procedure until you go home varies. (It could be 1-4 hours).

If you need something for pain, please ask your nurse.

If it is OK with your doctor, you will be given something to drink and allowed to sit up at the bedside after you are awake. While you are recovering, the doctor will talk to your family.

If you are going home, the nurses will give your family/ friend discharge instructions to let you know what you can do, when to call the doctor, and how to take care of yourself after surgery. Then you will be allowed to go home.

Your doctor may give you a prescription for pain or other medication.

The medications you are given will make it unsafe for you to be alone. You will feel tired and even a little sleepy.

Medication may also make you unsteady or slow to react for up to 48 hours after your surgery.

Do not go back to work, drive or be out and about until you have checked with your doctor.

Practice deep breathing. Take 10 slow deep breaths every hour when you are awake. Turn from side to side every 2 hours.

Drink lots of fluids if your doctor gives you permission. Light meals such as soup and crackers, Jell-O, and soda or juice are recommended the first day.

Walking will help your body get working again. Be sure to have help the first time you get up.

## INFECTION PREVENTION TIPS

Sometimes infections happen regardless of all the precautions taken.

Sleep on clean, freshly washed sheets. Use clean, freshly washed towels and washcloths when you shower. Wear clean pajamas to bed.

Do not allow pets to sleep with you or touch your surgical wound.

And remember, hand washing is the most important thing you and your caregivers can do to prevent infection.

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