

## **Surgery, what to expect before, during and after.**

Deciding to have surgery can be stressful. The staff at Sports Medicine Center Day Surgery want to make your experience a positive one, please let us know if we can answer any additional questions for you.

### **PRIOR TO YOUR SURGERY DAY**

- Notify your surgeon of any illnesses or diseases you have or have had recently. Your surgery may need to be rescheduled due to illness or infection.
- Notify your surgeon of any medications you take. It is important to stop taking some medications prior to your surgery, especially medications that increase bleeding or interfere with anesthesia drugs.
- If you are having an arthroscopic procedure and would like to record the surgery please bring a CD-R and we would be happy to do that.
- Arrange for a responsible adult to drive you home following surgery. We recommend that you have a friend or family member care for you for a couple of days following the surgery if needed.
- If the surgeon wants you to use crutches following surgery, be sure to make arrangements to rent or buy them.
- If you enjoy music, please feel free to bring a CD or iPOD that will assist in relaxing you during surgery.

### **DAY OF SURGERY**

- Your scheduled surgery time is an estimate only. Although every effort will be made to keep to your scheduled time, the amount of time needed for surgeries before yours may cause a delay.
- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT PRIOR TO YOUR ARRIVAL TIME FOR SURGERY; this includes coffee, gum and mints.**
- **Do Not consume alcohol 24 hours prior to your surgery.**
- **DO** take heart, blood pressure, thyroid, and oral diabetes medications with a small sip of water. Check with the surgeons office if you have additional questions regarding medications.

- If you use an inhaler please bring it the day of surgery.
- For patients 17 years and younger, a parent or guardian must be at the Ambulatory Surgery Center at all times during the surgery.
- Showering or bathing the morning of the surgery is suggested. This helps prevent infection and you will feel more comfortable if you are unable to shower or bathe for a few days after the procedure.
- **Wear loose and comfortable clothes.** We will provide gowns, shorts if needed, at the time of surgery. You will want comfortable, loose, clothing for the trip home.
- Do not wear jewelry near the site or your surgery. We suggest that all valuables are left at home.

### **FOLLOWING SURGERY**

- Before you leave the Day Surgery Center you will be given written instructions for home care.
- Following surgery you will be escorted to your vehicle in a wheelchair, if necessary. If you have crutches you won't need them until you get home, to transport from the car to your home and then to get around for the next few days.
- Once you arrive home be sure to elevate your surgical site and ice the surgical area as soon as possible.
- If you are taking postoperative medications be sure to eat prior to taking them. The pain medication can cause nausea and vomiting if taken on an empty stomach. Please drink a lot of fluids while taking medications. This helps alleviate any constipation that can be caused by pain medication.
- If you have any questions or concerns after your surgery, please contact your surgeon's office number. If it is after hours the answering service can page the physician to answer your concerns. During office hours please contact the clinic number as usual.