



optim surgery center

PREPARING FOR
SURGERY

Patient Education



PREPARING FOR SURGERY

Pre-Op Clearance and Labs

After visiting with your surgeon and scheduling your procedure, our pre-assessment nurse will call you to complete a pre-surgical screening prior to your surgery date. Our nurses will answer questions and will provide you with instructions on how to prepare for surgery.

Your pre-assessment nurse will tell you if you need to have any pre-operative testing. This is to be completed prior to your surgery and may be done at our Surgery Center. Tests may include blood work, x-rays, and/or an EKG.

Your surgeon's medical assistant will contact you if we need to obtain a medical clearance from your internist or primary care provider (PCP). This clearance will require a visit to your PCP and should be done as soon as possible, but no more than 30 days before your surgery.

Certain medical conditions may require clearance from a specialist (e.g., pulmonologist, cardiologist). Your surgeon's medical assistant will notify you if we need to obtain a clearance..

PREPARING FOR SURGERY

Medications

01

Stop taking all vitamins, herbs, and dietary supplements 10 days prior to surgery

02

Stop taking Anticoagulant or Antiplatelet Medication as directed. Your doctor will let you know when to stop and re-start taking these medications

03

On the morning of surgery **do not take** the following medications:

Oral diabetic medications or once-a-day injectable insulin

Ace inhibitors (Lisinopril, Benazepril, Enalapril)

Angiotensin Receptor Blockers or ARBs (Losartan, Valsartan, Olmesartan)

Diuretics (Furosemide, Spironolactone, Bumetanide)

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The Night Before Surgery

NO FOOD OR DRINK:

Do not eat or drink anything after midnight the night before your surgery. This includes water, candy, gum, cough drops, cigarettes, and chewing tobacco.



NO JEWELRY / PIERCINGS:

You will need to remove all jewelry and piercings prior to surgery. We recommend you leave all jewelry at home.



COMFORTABLE CLOTHES:

Wear clothing that is warm, loose-fitting and comfortable. Elastic waistband pants, button or zip up tops and slip-on shoes are best. You will be sleepy, sluggish and in some pain after surgery. You will want clothes that are easy to put back on after surgery.



NO CONTACTS:

If you normally wear contacts, do not wear them on the day of surgery. Contacts worn during surgery can cause scratches to your eyes.



NO VALUABLES:

Leave all valuables such as cash, purse, wallet at home.



HYGIENE:

To help prevent infection, please shower or bathe before arrival. If surgical wipes were given to you, please use after bathing as instructed.



TELL YOUR PHYSICIAN IF:

You have had a recent fever, body aches, cough, sinus drainage, nausea, diarrhea, or if there have been any changes to your medical history.

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What to Bring

CPAP: If you use a CPAP machine at home, bring it with you. You may be placed on your CPAP following surgery in PACU to facilitate your breathing if needed.

INHALER: Bring any prescribed inhalers.

CAREGIVER / RIDE: You are required to have a driver after receiving anesthesia and we encourage them to stay on campus during your surgery. We ask that someone stay with you for 24 hours following your surgery. If you are having a local procedure – no anesthesia - you may drive yourself home.

INSURANCE CARD AND PHOTO ID

OVERNIGHT PATIENTS: Bring a comfortable change of clothes and any prescription medications from home that you may need. In their original, labeled containers.



DAY OF SURGERY

- You will receive a phone call the **day before surgery** between 3PM - 6PM with an arrival time
- We are located at the corner of DeRenne Ave. and Habersham Street at:
210 East DeRenne Ave.
Savannah, GA 31405
- Please park in the spots designated for visitors. You will come in the entrance facing Habersham Street and take the elevator to the second floor
- Please call us if you are lost, running late, or have any questions:
912-644-3361 or **912-644-5271**

AFTER YOU GET HOME

- **DIET:** Nausea is a side effect of the medications you receive during your surgery. To avoid nausea, start with a bland diet such as toast, soda, crackers, soup and advance slowly. Avoid heavy, spicy, or greasy foods the day of surgery. Drink plenty of liquids. Do not take pain medication on an empty stomach.
- **CONSTIPATION:** Opioid pain medications such as Hydrocodone, Oxycodone, tramadol and morphine can cause painful constipation. Drink plenty of water and include high fiber foods in your diet. You may also need to take an OTC laxative. We recommend that you take docusate (Colace) 100mg twice a day and Miralax every night as label directs while you are taking opioid pain medication. For severe constipation, try Bisacodyl (Dulcolax) suppository as needed or a Fleet's enema as needed.



AFTER YOU GET HOME

At discharge, you will be given a list of instructions about restarting your previous medications

You may be given a prescription for post op pain and nausea

Do not drive or operate machinery for 24 hours following surgery, while you continue to take pain medication, and until your surgeon releases you to drive

Do not make any important decisions or sign any important papers in the next 24 hours

Do not consume alcohol, tranquilizers, sleeping medications, or any non-prescribed medications for 24 hours

You are advised to go directly home from the Surgery Center and restrict your activities for the rest of the day – you may resume light to normal activity tomorrow

We request that you have a responsible adult stay with you for 24 hours after surgery

NERVE BLOCK

Information and Post-Operative Instructions

- Your surgeon may opt to have the anesthesiologist perform a nerve block pre-operatively. The purpose of a nerve block is to provide you with post-op pain control. The nerve block takes away your ability to move the affected limb, feel pressure, and sensation to touch and temperature. Do not apply ice or heat directly to the skin of the affected limb until full sensation returns.
- You will experience limited movement and sensation in the affected limb for 12-24 hours.
- When you leave the Surgery Center, have your prescription filled and start taking your pain medication as prescribed. Continue taking pain medication every 4-6 hours for the next 24 hours or as needed.
- **UPPER BODY:** Keep your affected arm in the sling or immobilizer until full feeling and movement returns – at least 24 hours.
- **LOWER BODY:** Keep your leg and foot elevated and protected on pillows. If you are weight bearing, limit walking until full feeling returns to your foot.

**DO NOT ALLOW
ANYTHING HOT TO
TOUCH YOUR AFFECTED
LIMB.**

**Your ability to sense
extreme temperatures
has been demised
because of the nerve
block. If you experience
shortness of breath,
painful or difficulty
breathing, go to the
nearest emergency room
to be evaluated and
notify your surgeon
during office hours.**

WHEN SHOULD I CALL A DOCTOR

- **FEVER:** A low grade fever is normal up to 48 hours after surgery. Call if your temperature is greater than 101°F or persists beyond 48 hours after surgery.
- **WOUND DRAINAGE / FOUL ODOR:** Small amounts of oozing may be normal. You should report to your surgeon if your dressings are saturated or soaked with blood, or you experience progressive drainage from the surgical site. There should not be any greenish/yellowish drainage or foul odor coming from the dressing or incision site.
- **REDNESS:** Any increased redness, warmth, swelling or hardness around the operative site.
- **PAIN:** That is getting worse or that is not controlled with your prescribed pain medication.
- **CIRCULATION:** Concerns with circulation such as an extremity this is cool to the touch, numb, bluish in color or if toe/fingernails blanch white with pressure and do not turn pink after 3 seconds
- Sore throat that persist for more than 2-3 days after surgery
- Inability to urinate
- Severe to headache
- No bowel movement for three days



RATE YOUR EXPERIENCE

Patient Satisfaction Survey

The bottom line is, quality does matter. At Optim Surgery Center we remain committed to providing consistent, high-quality, compassionate care and for positively touching the lives of every single person we serve.

Please help us improve our care and assist other patients by providing feedback about your experience through our patient satisfaction survey. You will receive a survey via email within 72 hours of your surgery.

We hope you'll "**STRONGLY AGREE**" that we provided you with **5-star service**.

OptimHealthSystem.*com*