Things To Remember

- Your surgeon will decide when you are medically stable and ready to go home.
- If you stayed in the hospital after surgery, please arrange for your ride to come for you around 9 a.m. on the day your doctor says you can go home. Check out time is 11 a.m.
- If you have questions or concerns after you go home, call your doctor’s office. If it is after office hours, call the OHSU operator at 503-494-8311 and ask them to page your doctor.

Surgery Check In...
Information

- Surgery Date:________________________
- Surgeon:_____________________
- Procedure:________________________________________
- __________________________
- __________________________
- __________________________
- Check In locations:
  - Day Stay Unit - 503-494-8101 Multnomah Pavilion, fourth floor Room 4519
  - CHH Day Stay - 503-418-9444 Center for Health & Healing, fourth floor
  - Admitting - 503-418-1901 OHSU Hospital, ninth floor lobby
  - Mother/Baby Unit 503-494-7533 OHSU Hospital, 13th floor, C-Wing
  - CEI Surgery Unit - 503-494-3300 Casey Eye Institute, sixth floor

Preadmission Testing Clinic

Preparing for your surgery

Guidelines for surgery patients

OHSU protects the privacy of its patients’ and research participants’ personal health information. If you would like a copy of the OHSU Notice of Privacy Practices, please ask for a copy at your next visit or call 503-494-0444.

OHSU is an equal opportunity, affirmative action institution.

Revised 2/2/07
THE DAY BEFORE SURGERY

Call your surgeons office after 2 p.m. the day before your surgery. They will tell you the time you should arrive. If your surgery is on a Monday, please call the Friday before.

GUIDELINES FOR SURGERY PATIENTS

These guidelines are for your safety and are very important. If you do not follow them, we may have to cancel or reschedule your surgery.

• Do not smoke, drink alcohol or use recreational drugs for 24 hours before your surgery.
• Do not eat or drink after midnight the night before surgery.
• Do not eat hard candy or chew gum after midnight the night before your surgery.
• You will not be able to drive for 24 hours after receiving sedation, or an anesthetic. You must have someone accompany you home from the hospital.
• Watch for any change in your physical condition. Let your surgeon know right away if you do not feel well.
• You were instructed during your visit to the Preadmission Testing Clinic which medications to take the morning of surgery. It is ok to take these with a sip of water.

THE DAY OF YOUR SURGERY GUIDELINES

• Take a bath or shower before your arrival at the hospital.
• Do not wear makeup, perfume, lotion or powder.
• Remove any nail polish from at least one fingernail.
• Do not wear any jewelry to the hospital.
• Wear loose, comfortable clothing.
• Bring the case and solution for your contact lenses or wear your glasses.
• Leave all your valuables at home.
• Allow enough travel time so you arrive at your check-in location on time.

AFTER YOUR SURGERY

We use a pain scale to understand your level of pain and assess how well your pain medication is working. Your nurse will ask you at regular intervals to rate your pain on a scale of 0-10.

We will ask you to change your position, cough and deep breathe to help prevent complications.

THINGS TO DO AFTER SURGERY

• Use an incentive spirometer or peep breathe to keep your lungs working properly and to help prevent respiratory complications. It helps your take long, deep breaths. Use it once every hour while you are awake.
• Leg and feet exercises will help maintain good circulation. Sometimes your doctor will order air compression stockings. These stockings look like tall booties. Compressed air helps the circulation in your legs.
• Walking and moving will help stimulate normal circulation and deep breathing. After your surgery your nurse may ask you to sit, stand, walk.