



## 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, 13<sup>th</sup> floor, C-Wing
- CEI Surgery Unit - 503-494-3300  
Casey Eye Institute, sixth floor

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

## Preadmission Testing Clinic



## Preparing for your surgery



### *Guidelines for surgery patients*



## 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 you 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 or walk.

