

Care Gram

Preparing for Surgery

(Inpatient and Admission-Day)

Welcome

Welcome to Licking Memorial Hospital (LMH). This Care Gram is to help you prepare for your surgery. Please read the information carefully. Ask your nurse or doctor if you have any questions. Thank you for letting us care for you at LMH.

If you come into the Hospital the night before your surgery, your surgery will be considered an inpatient surgery. If you come in the morning of your surgery, your surgery will be considered an admission-day surgery or a.m. admission. Patients who have an admission-day surgery are able to rest and relax at home the night before their surgery.

Preadmission Testing

Preadmission testing includes laboratory tests, X-rays, and heart tests. Your doctor may order these to be done a week before your surgery. The times and location of the tests are on the order sheets your doctor gave you. If your order says to go to preadmission, report to the John and Mary Alford Surgery Pavilion on the 2nd floor.

Your doctor may order a preadmission anesthesia visit, or you can choose to schedule this yourself. You should schedule an anesthesia visit if you:

- Have questions or concerns about anesthesia.
- Have a chronic health condition or take several different medicines.
- Have insulin-dependent diabetes. Note: It is very important to meet with the anesthesiologist if you have insulin-dependent diabetes.
- If you or one of your blood relatives has had difficulty waking up after surgery or other problems.

The preadmission testing and anesthesia visits can be scheduled Monday through Friday, between 7:30 a.m. and 11:00 a.m., or 12:30 p.m. and 2:00 p.m. Call Central Scheduling between 8:00 a.m. and 5:00 p.m., Monday through Friday, at (740) 348-4722 to schedule.

Forms to Bring

- The preoperative paperwork you received from your surgeon. Fill this out and bring it to your preadmission visit or on the day of surgery if you do not have a preadmission visit.
- A copy of your Advance Directives, Living Will, and/or Healthcare Power of Attorney.
- A copy of the papers for Ohio's Do Not Resuscitate (DNR) or DNR/Comfort Care Program, if you are enrolled.



**Licking Memorial
Health Systems**

1320 West Main Street • Newark, OH 43055
(740) 348-4000 • www.LMHealth.org

1616-0555
06/2010
Page 1 of 4

- If you want more information on how to fill out these legal papers, call the preadmission nurses at (740) 348-2285, or call your attorney.

Consent forms for the Hospital, surgeon, and anesthesiologist will need to be signed. If you have a legal guardian or person who holds health care power of attorney, he/she will need to sign the forms. If he or she is not able to come on the day of surgery, a special time can be made by calling the preadmission nurse, Monday through Friday, from 9:00 a.m. to 3:00 p.m., at (740) 348-2285.

Insurance

Check your insurance benefits. You may need to contact your insurance company before surgery to get approval for having the surgery. This is called pre-certification.

Medicare and private insurance companies cover services that are reasonable and necessary for the diagnosis or treatment of an illness or injury. This includes outpatient services and procedures. Services which may not be covered include:

- Certain screenings your doctor may order before surgery.
- Hospital stays after surgery for the convenience of the patient or the doctor. If this occurs, you may be asked to sign a waiver stating that you understand your insurance will not cover the hospital stay.

Hospital fees are based on the surgical procedure, supplies, and required hospital procedures (laboratory tests). You will receive separate bills for fees from the surgeon (operates), anesthesiologist (puts you to sleep), pathologist (reads lab results), and radiologist (reads X-rays). There may be other charges from specialists who assisted with your treatment while you were in the Hospital.

Questions to Ask Before Surgery

Make sure you understand what will happen during surgery. You, your doctor, and the surgeon should all agree on exactly what will be done during the surgery. Write down any questions you have about your surgery and recovery as you think of them. Then, be sure to get them answered before the surgery and while you are in the Hospital.

You may want to ask questions such as:

- What is the name of the surgery that will be done?
- Who will be in charge of my care while I am in the Hospital?
- Exactly what will be done during my surgery?
- Are there any alternatives to surgery?
- What are the risks of this surgery?
- How long will it take?
- What will happen after the surgery?
- How can I expect to feel during recovery?
- How long will it take for me to fully recover?
- How long should I plan to take off from work/school?

After Your Surgery is Scheduled

- Let your surgeon know if you:
 - Have any emergency room visits before your surgery date.

- Develop a cold, sore throat, flu, fever, or other illness.
- Also, let your surgeon know if you have been exposed to any infectious diseases during the past four weeks. This includes mumps, measles, chicken pox, shingles, or hepatitis.
- Let your clergy person know if you would like him/her to visit you in the Hospital.
- If you are taking any medications, ask your doctor if you should continue taking them as you usually do. Find out if there are any special tests you need because of your medicine.
- If you take insulin or other medicine for diabetes, ask your doctor if you should take a different dose.
- The Hospital recommends that you arrange for someone to drive you home. The Hospital staff cannot allow you to drive after having any type of anesthesia. By law, driving under anesthesia could be considered the same as driving under the influence. You also should not go home alone by taxi.
- Make plans for someone to help you after you go home. Having someone help you during this time will help you recover quicker. This person can also contact the doctor or Hospital if you have any problems.
- If you do not have a relative or friend to assist you at home, an LMH social worker can refer you to home health agencies in your community. The social worker is available seven days per week. During business hours Monday through Friday from 7:00 a.m. to 4:30 p.m., please call (740) 348-4408. After business hours and on Saturday and Sunday, please call (740) 348-4000, and ask for the social worker on-call.
- Plan ahead for your return home. For example, make sure your walks will be clear of snow, and have some meals cooked ahead of time.

The Day Before Surgery

- Please call to find out the planned time of your surgery and what time you should be at the Hospital. Call Monday through Friday, from 1:00 p.m. to 5:00 p.m., at (740) 348-7250 the day before the surgery. If your surgery is on Monday, please call on the Friday before surgery.
- On the weekend or after hours, call (740) 348-4000.
- Plan on arriving at the Hospital 1 ½ to 3 hours before your planned surgery time.
- Your surgery time may change. This happens when emergency surgeries are needed or when the surgeries ahead of you take extra time. We make every effort to keep you informed of any changes. If you feel like you are waiting too long, please ask the staff to check for you.
- Eye surgery patients will be advised of their time by their surgeons.

The Evening Before Surgery

Follow these preparation instructions unless your doctor tells you differently.

- If you are a smoker, do not smoke after your evening meal on the night before surgery.
- Do not eat, drink, or chew anything after midnight the evening before your surgery. This applies to all types of anesthesia (local, regional, general).
- Continue taking the medicine your doctor told you to take.
 - It is especially important to take heart and blood pressure medicine on time.
 - Do not take diuretics (water pills).
- Shower or bathe and shampoo your hair. You may do this the morning of surgery if you would like.
- If someone is planning on visiting you at the Hospital before surgery, let them know to come 1 hour before the scheduled surgery time.
- If you have a family member who needs to help answer questions or sign papers, that person should plan on coming with you.

The Morning of Surgery

- If you are a smoker, do not smoke before surgery.
- Do not eat or drink anything. Take the medications that your doctor told you to take with small sips of water only.
- You may brush your teeth and use mouthwash, but do not swallow it.
- Limit the use of cologne or perfume.
- Remove all makeup, hairpins, tampons, body piercings, and jewelry. You may be allowed to wear 1 ring covered with surgical tape. This will depend on the type of surgery. The ring cannot be on the same side of your surgery for chest or arm surgeries.
- Remove nail polish from at least one finger of each hand.
- Leave all of your valuables at home.

Items to Take to the Hospital

- If needed, take eyeglasses, contacts, or hearing aids, and cases for them. Be sure to label cases with your name.
- Completed preadmission paperwork
- Inhaler, if you use one
- Insurance card
- Photo ID
- A robe and a change of clothes to wear home
- Copies of Advance Directive, Living Will, Healthcare Power of Attorney, or DNR