

## General Preoperative Information

### WHAT SHOULD I EXPECT?

#### BEFORE SURGERY

- Our office will contact you to book your surgical date, preop appointment, and first post op appointment.
- You will receive a call from preadmission testing. They will set up your preop labs and go through which medications to take and bring.
- The hospital will call between 1-5pm the day before your surgery to give you an arrival time and tell you if your surgery will be in the main building or in the ambulatory surgery pavilion (ASP).
- You may need medical clearance from your primary care doctor or cardiologist.
- Do not eat or drink anything after midnight the night before your surgery. You may take some sips of water with medicine.
- Stop smoking and using nicotine products at least 4 weeks prior to surgery. Tobacco and nicotine interfere with healing and can increase your risk of complications.

#### MORNING OF SURGERY

- Arrive at the hospital at your instructed time.
- A family member or friend is allowed to come with you to help with the check in process and there is an area for them to wait while you are in surgery. You will require someone to take you home if you are leaving the same day of surgery.
- Dr. Mathur will meet you in the preoperative area to answer any questions and go through the plan.
- You will meet the surgical assistants and nurses that will be in the operating room.
- You will meet the anesthesia team, and they will go over their plan which often includes a nerve block to help with pain after surgery.

#### AFTER SURGERY

- For the first few hours after surgery, you will be in the recovery unit where a nurse and the anesthesia team will monitor you and manage your postoperative pain.
- Some patients are able to go home the same day of the surgery, others may spend a few nights in the hospital. This will be discussed in your preoperative appointments.
- If you are planning on going home the same day, once you are awake and comfortable you will be allowed to go home with a family member or friend.

- Keep your bandages clean and dry. This may require using plastic wrap or taking sponge baths.
- Stay on a constant pain medicine regimen. If you received nerve block it will wear off 12-24 hours after surgery, and it is important to stay ahead of the pain.
- Read your discharge instructions from surgery for details on what you are and are not allowed to do after surgery.

#### **FOLLOW UP AND PHYSICAL THERAPY**

- Your first follow up appointment is usually 3-14 days after surgery.
- At this visit we will check your incision and take X-rays.
- We will decide if and when to begin physical therapy.
- We will book your next postoperative appointment which is usually 4-6 weeks later.