



Guidelines for Surgical Patients

Welcome to the Surgical Services Department at Holy Family Hospital. The following information is being provided to make your stay with us as comfortable as possible.

One week prior to your surgery:

All patients should stop using aspirin one week prior to surgery except for those patients with cardiac stents and vascular patients of Dr. Gonsalves and Dr. Pare's. Anti-inflammatory medications (Ibuprofen, Motrin, Advil, etc.), vitamins and herbal supplements should be stopped 5 days before surgery. **Tylenol is permitted.** Coumadin must be stopped 3-5 days prior to your surgery or per your surgeon's instructions.

Make arrangements for a responsible adult to drive you home and be with you during the immediate home care period. You may take a taxi, but a responsible adult in addition to the taxi driver must accompany you.

Patients with cardiac stents taking Plavix (clopidogrel), Effient (prasugrel) and/or aspirin

Please call your cardiologist as early as possible to discuss if and when you should discontinue these medications prior to surgery. Our pre-admission testing office will require a letter from your cardiologist stating whether it is advisable to stop these medications, and the duration for which they should be stopped prior to surgery.

On the evening prior to your surgery:

A member of our staff will be calling you to confirm your time of arrival. In most situations, you will be instructed to arrive 1½ hours prior to your scheduled surgery. There are times, however, at the request of your surgeon or in cases where additional testing may be necessary, that you may be asked to arrive earlier. Please be sure to give us a phone number where you can be reached on the day of surgery should we need to contact you.

Do not shave the surgical site. Razors can create small nicks in the skin through which bacteria can enter.

Do not eat or drink anything after midnight. This includes lifesavers, gum or mints. Follow any special instruction given to you from your surgeon about bowel prep.

On the day of your surgery:

Take the following medications with a small sip of water on the morning of surgery:

_____, _____, _____, _____, _____,
_____, _____, _____, _____.

Please bring photo identification with you, i.e., a driver's license.

Please leave all valuables and jewelry at home.

- Be sure to wear comfortable clothes. We suggest sweat pants or shorts for those patients having surgery on their leg or foot and an extra large button down shirt for patients having surgery on the shoulder, arm or chest.
- Bring your inhaler, glasses, hearing aides and dentures.
- Please be sure to remove make-up, refrain from using hair styling products including gels and hair spray and ointments, lotions and deodorants. They are flammable and pose a danger to you and your surgical team.
- All body piercings must be removed prior to your arrival. They pose a serious risk to you due to the sensitive technical and electrical equipment that is used. If you are unable to remove the piercing, we ask that you reschedule your surgery rather than being cancelled after you arrive.
- If your child has a favorite toy or blanket, drinking cup/bottle with any necessary drinks or formula they may require AFTER surgery, please bring it with you. Please bring extra diapers for your child as well.

Potential Delays:

Please be understanding should your surgery be delayed. Unlike other appointments, we must immediately respond to surgical emergencies involving your surgeon or another patient. Other delays may be the result of a longer than expected case that was scheduled before you. In any event, you will be kept informed should there be a delay and will be taken as soon as your surgeon and your team are ready to care for you.

Due to the size of our waiting room, we welcome one of your family members to accompany you. In the case of children however, we do make exceptions for both parents to be present. Additional family members are welcome to wait in the lobby or in the cafeteria.

No food or beverages are allowed in the waiting room out of consideration for the patients waiting to have surgery who are unable to eat or drink.

Discharge:

If you are being discharged the same day as your surgery, be sure that we have the name and the phone number of the person taking you home.

RN Signature: _____ Date: _____