Preparing for Your Surgery
A Guide to Help You Before Surgery

Date of Your Surgery: ______________________________

Time of Arrival: ___________________________________

On the day of your surgery:
- Take the Draper Building elevators to the 1st floor. Turn left off the elevator and proceed to the registration desk directly in front of you. (Hospital map on back cover.)
- Proceed to Day Surgery reception located on the main floor off the visitor parking lot. (Hospital map on back cover.)

Important Instructions:

Pre-Admission Testing:
Tel: 781-278-6750     Fax: 781-278-6755

Preparing for Your Surgery
800 Washington Street, Norwood, MA 02062
781-769-2950     norwood-hospital.org

Norwood Hospital
A STEWARD FAMILY HOSPITAL
Steward

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There’s a Lot You Can Do to Help Your Surgery Go Smoothly

PREPARING FOR SURGERY involves more than physical preparation, such as a physical exam or lab tests. You need to get ready mentally too. Having confidence and a positive attitude can help your operation go more smoothly. You can help build your confidence by learning more about what happens before, during and after surgery. This brochure will guide you.

REMEMBER THAT SURGERY IS A TEAM EFFORT. You are the most important member of the team. Your help is key to successful surgery. Before your surgery, you will talk with a nurse, your surgeon and a member of the anesthesia team.

ALL MEMBERS of your health care team are here to give you and your family physical and emotional support, answer your questions and help make your visit to Norwood Hospital the best it can be.
Prior To Your Surgery

THINGS TO CONSIDER:

- Make arrangements with a relative or friend to pick you up and drive you home after your surgery. You will not be permitted to drive home. Arrange for them to stay with you for a while after you arrive home, if necessary.
- If you have children, plan now for their care.
- Shop and plan meals as appropriate for post-surgery.

The Day Before Your Surgery

CHECKLIST

- In addition to the instructions we give you, follow any instructions about preparing for your surgery that your surgeon/doctor has given you.
- If you have a blood bank bracelet, it must be worn on the day of your surgery.
- If you have completed a health care proxy form, bring it with you to the hospital so we can attach a copy to your record.
- Go shopping for any food or items you may need.
- Make sure the person who will pick you up after your surgery can still do so.
- Put away valuable jewelry. Don't wear it to the hospital. Leave any item that has value to you at home.
- Have an evening meal (unless otherwise instructed by your doctor).
- Remember, do not eat or drink anything after midnight.

PRE-SURGERY EDUCATION FOR PATIENTS AND FAMILIES

Norwood Hospital offers a free one-hour class to help you prepare for your upcoming surgery. Taught by registered nurses, the class will address your questions and ensure a more comfortable, safe and positive surgical experience. If you would like to attend a class, call 800-488-5959 to register.
The Morning of Your Surgery

CHECKLIST

- Do not eat or drink anything. This includes gum and candy.
- Brush your teeth, but do not swallow any water. You may use mouthwash.
- If you have been instructed to take your medicine, do so with the smallest amount of water possible (see notes on inside front cover).
- Take a shower and wash your hair. You may not be able to do so for a few days after surgery.
- Do not put on any makeup, jewelry, lotions, powders or perfumes.
- Remove body piercing jewelry and all jewelry.
- Do not wear contact lenses.
- Leave valuables at home.
- Wear comfortable clothing that is easy to take off and put on. Plan to wear clothing that will be comfortable after your particular surgery.
- Parents: You may want to bring a favorite toy for your child. Please label it with your child’s name.

At Norwood Hospital

WHEN YOU ARRIVE, we will ask you to sign a consent form when you register. Then we will give you an identification bracelet. In the operating room holding area, we will take your vital signs, and then we will start an intravenous for fluid and medication access.

WHILE YOU ARE WAITING to go to the operating room, your family may sit with you or wait in the family waiting room on the first floor of the Lorusso Building near the operating room. Parents of young children who are having surgery may stay with them.

A NOTE ABOUT INSURANCE: If you have already visited us for pre-testing, you do not need to bring your insurance information. If you have not visited us for testing before your surgery, please bring your insurance information.
IN THE OPERATING ROOM (OR)

The lights may be bright and the air may feel cool. We will give you blankets. Your OR team will be dressed in hospital clothes. They will be wearing hats, masks, and gloves for your protection. You will be moved from the stretcher to the operating room bed. This bed is narrow so the OR nurse will put a safety belt on you. We will put sticky pads on your chest to monitor your heart, as well as use other medical equipment to help monitor your vital signs. We will then give you a type of anesthesia depending on your procedure.

TYPES OF ANESTHESIA

General  This type affects your entire body. It puts you to sleep completely.

Regional  This type affects a section of your body, such as an arm or everything below your waist. You will be awake, but you may get medicine to relax you.

Local with sedation  This type affects only the area involved in the procedure. You will be awake, but you may receive medicine to relax you.

In the Recovery Room

AFTER YOUR OPERATION, you will go to a recovery area until the anesthesia wears off. You may stay there for an hour or more. We usually ask friends and relatives to wait in the family waiting room on the first floor of the Lorusso Building near the operating room. With your permission, up to two visitors will be allowed to briefly visit you in the recovery room for five minutes.

HERE IS WHAT YOU CAN EXPECT IN THE RECOVERY ROOM:

- If you had general anesthesia, your hearing may return before you can speak or open your eyes. Noises may seem loud, and you may feel drowsy. You may have oxygen tubes or an oxygen mask for a short time.
- A nurse will be with you while you wake up.
- Be sure to tell the nurse if you feel discomfort. This is normal. We may give you medicine for the discomfort. The sooner you report the discomfort, the easier it is to relieve it. Please refer to the Pain Control Sheet.
- We will take your vital signs (blood pressure, pulse, and respiration) frequently.
- You will be released from the recovery room when your anesthesia specialist determines that you are ready. We will then take you to the Day Surgery Recovery Room so you can continue to recover until you are ready to go home. See page 8, if you are being admitted to the hospital after surgery.
- We will give you something to eat and drink.
- We will call your family or friend to pick you up.
- The nurse will review the doctor’s discharge instructions and your prescriptions with you.
When You Get Home

ONCE YOU ARE HOME, it is important to follow your health care team’s instructions given to you at the time of discharge. Here are some other important things to do after surgery.

CHECKLIST

- Have someone stay with you.
- Eat lightly. Avoid heavy or spicy foods. Broths, gelatin, and sherbet are good choices.
- Don’t drive, operate machinery, or make important decisions. Your coordination and judgment may not be at their best for the first 24 hours.
- Take only the medicine the doctor has suggested. If you feel dizzy from the medicine, lie down. Take your medicine as prescribed. Don’t let discomfort get to be too much, because then the medicine can’t catch up.
- Don’t drink alcohol. It can interact with the anesthesia that is still in your body.
- Ice is nice! Ice packs can help discomfort. If you don’t have an ice pack, you can use a bag of frozen vegetables.
- Call your doctor if you have any unexpected bleeding, swelling, excessive drainage from the incision, or a fever greater than 101 degrees (by mouth). This could be a sign of infection.
- Keep your follow-up appointment with your doctor.

For Patients Being Admitted to the Hospital After Surgery

Before surgery pack a small overnight bag with toiletries, slippers, robe, etc. Do not bring valuables.

Arrangements will be made to transfer you to an inpatient unit after surgery, following your stay in the recovery room.

Directions to Norwood Hospital

FROM THE EAST/WEST
1. Take the Massachusetts Turnpike (I-90) West/East to Route 128 South.
2. Follow Route 128 South for approximately 12 miles.
3. At Exit 15B Norwood, take Route 1 South for 2.5 miles to the Norwood/Canton rotary exit.
4. Take the first right off the rotary, which is Nahatan Street, toward Norwood Center.
5. At the fourth set of lights, take a left onto Broadway Street.
6. Follow Broadway to the end and curve right onto East Hoyle Street. The hospital main entrance will be immediately on the right off East Hoyle Street. (This is also the emergency entrance.)
7. Follow signs for patient drop-off and/or visitor parking.

FROM THE NORTH
Take Route 128 South to Exit 15B, Route 1 South, Norwood. Stay on Route 1 South for 2.5 miles to the Norwood/Canton exit. Follow the same directions as above.

FROM THE SOUTH
Take Route I-95 North to Exit 11B, Neponset Street/ Norwood. Follow Neponset Street for 1.5 miles to the rotary.