

Preparing & Recovering from Surgery



GLACIAL RIDGE
HEALTH SYSTEM
heartfelt care®

The Day Before Surgery

- Do not eat or drink for 8 hours before your scheduled surgery start time. This includes all food and beverages, along with water, candy and gum.
- It is very important that you only take the medications that you have been directed to take by your health care provider.
- If you take insulin, discuss when and how much to take prior to surgery with your healthcare provider.
- The evening before surgery, follow all of the preoperative bathing instructions you were given.

The Day of Surgery

- Use the North entrance (Outreach/Emergency) and check in at the front desk.
- For your safety, you will be asked questions about your past and current medical condition.
- When you arrive in the preoperative area, you will change into a warming gown and slippers.
- You will be asked to sign a consent form for your surgery.
- Your CRNA will meet with you and discuss what to expect with anesthesia.
- The surgeon will talk to you and your family before surgery.
- Your family will be escorted to the waiting area prior to surgery and stay there through surgery and first part of your recovery period.

After Surgery

- Following surgery, you will be brought to the recovery area.
- Several monitors will be used to closely monitor your vital signs.
- As with any surgery, you will not be completely pain free. Our goal is to make you as comfortable as possible, and we will do everything we can to help control your pain. Your pain should be tolerable and medications will be administered until you are comfortable.

Pain Medication

Side Effects:

- Constipation is the most common side effect; a high fiber diet will help keep your bowels moving.
- Nausea or stomach upset is also a common side effect; taking your pills with food and a glass of water can help lessen this symptom.
- Sleepiness or dizziness may occur so get up slowly when rising from lying or sitting. Taking short naps throughout the day is not uncommon to deal with the temporary sleepiness.

Helpful Reminders:

- Pain medication takes time to work; you should allow 20-30 minutes for the pain pill to start taking effect.
- If possible, change position every 45 minutes or so during the day.

Additional Reminders

Patient Rights and Responsibilities

- In order for us to provide you with the best possible care, we need your full cooperation.
- Tell us about former illnesses, hospitalizations, medications, allergies and anything else relating to your health.
- GRHS Privacy Policy

CPAP and BiPAP Preparation:

- Prevent potential infections by cleaning your CPAP or BiPAP prior to surgical day.