

## Surgery Instructions

### For Your Information:

#### The Night Before Your Surgery

- ✓ **Do not eat or drink anything after midnight including water, coffee, cola, candies and gum.**
- ✓ For your own safety, please arrange for a responsible adult to drive you home after surgery.
- ✓ If directed by your physician, take daily medications with only a sip of water.
- ✓ Follow the written instructions for bathing. Do not apply lotions, oils or powders to the surgery site. Please do not shave your surgical site.

#### The Morning of Your Surgery

- ✓ If you are diabetic, please refer to your medical doctor for instructions the day of your surgery.
- ✓ Follow the written instructions for bathing. Do not apply lotions, oils or powders to the surgery site. Please do not shave your surgical site.
- ✓ Do not wear perfumes, heavy makeup or nail polish.
- ✓ If you are having any hand or wrist surgery, false fingernails must be removed before you arrive.
- ✓ Dentures, glasses, contact lenses, hearing aids, etc., may be removed prior to surgery.
- ✓ Please leave all of your valuables at home. This includes money, jewelry, earrings, body piercings, etc.
- ✓ Wear comfortable, loose fitting clothing that will fit comfortably over your surgical site or limb after surgery.

#### After Your Surgery

- ✓ Surgery times vary, so please plan your stay to be approximately 2-4 hours. After you leave the operating room, you will be taken to the recovery room until you are ready to return home.
- ✓ Have any ordered prescriptions filled while you are in recovery.
- ✓ Again, for your own safety, a responsible adult must drive you home!
- ✓ A responsible adult should stay with you during the first 24 hours after your surgery.
- ✓ You will receive a follow-up call from one of our nurses to discuss any concerns you may have after surgery.

#### If You Need Help

Our health care professionals are here to provide you with a safe and successful outcome. Please contact our Surgery Department with any questions or concerns you may have.

***907-235-0260 or leave non-urgent messages at 907-235-0261 after 5 pm.***

***CALL THE HOSPITAL'S EMERGENCY ROOM FOR ANY URGENT ISSUES: 907-235-8101***

#### Special Considerations

- ✓ Please notify the hospital staff/surgeon as soon as possible if an unexpected event occurs to postpone or cancel your surgery
- ✓ Occasionally, due to emergencies or unforeseen occurrences, your surgery may be delayed or moved to an earlier time. We apologize, in advance, for any inconvenience this may cause you.