

## After Your Surgery

If you had an anesthetic you will be taken to the recovery room until your condition is stable. The length of your stay there depends on the type of procedure and anesthesia you had.

While in recovery, your heart, blood pressure, and blood oxygen level are monitored by equipment supervised by a registered nurse. You will be asked to breathe deeply and cough to clear your lungs. You may be encouraged to move your arms and legs.

You may have side effects from anesthesia. Report any discomfort to a nurse. The earlier it is reported the easier it is to relieve.

At this time, it is common for the doctor to talk with your family.

A nurse will monitor your progress and discharge you when you are recovered. You will receive written instructions at this time, and a prescription or follow-up doctor's appointment if necessary.

## Post Procedure Instructions

A responsible adult must accompany each patient at time of discharge.

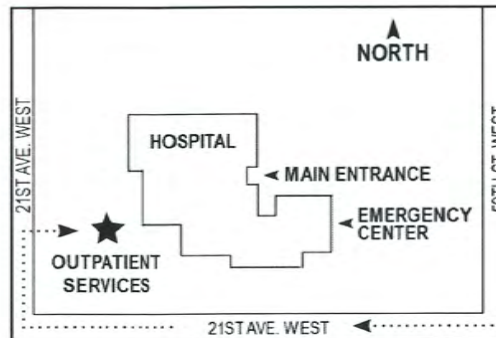
Take only those medications that have been specifically discussed or prescribed by your physician.

After the procedure, you may experience some tiredness, dizziness, or decrease in appetite.

Do not eat or drink until you feel like eating. Resume intake slowly. Start with liquid or chipped ice. Avoid acid, spicy or greasy foods. Gradually resume your regular diet.

Any problems or questions should be discussed with your physician. Call your physician's office to arrange a follow-up appointment if one is not already scheduled.

To find out more about our services call  
941-792-6611



BMC00285



## An Outpatient guide



This guide has been prepared  
to help you understand  
what to expect as an outpatient.

[www.blakemedicalcenter.com](http://www.blakemedicalcenter.com)



## Testing and Interview

Your physician will discuss your procedure with you as well as any pretesting that must be completed before procedure.

Before your procedure, you will be contacted by the hospital to confirm your procedure and to set up a time for your pretesting and preop interview.

Any pretesting ordered by your physician must be completed before your procedure date. Testing may include lab work, electrocardiogram, or X-rays. If your doctor gives you any written orders for test results, please bring them with you at this time.

Your doctor or insurance company may require that your pretesting be done at a facility other than Blake Medical Center. If this is the case, please request and authorize a copy of the test results be sent to Blake Medical Center. You will then be contacted by phone for your preop interview.

The preop interview will be done at Blake Medical Center. At this time, you will be asked information, given instructions and certification of your procedure, and any special preparations. Please bring a list of any medications you are currently taking at this time, including their name and mg. dosage.

## Insurance/Physicians' Fees

On the day of your preop interview, remember to bring your insurance identification card with you. It is important for the hospital to either verify coverage and/or obtain a pre-authorization for hospital services from your insurance company. If we are unable to verify coverage or your managed care insurance plan, we will not issue a pre-authorization, then payment for hospital services will be due before treatment.

After your procedure, you may receive separate bills from your physician, anesthesiologist, surgical assistant, radiologist, pathologist, and any other auxiliary services required for your care. These fees are not part of your hospital bill.

## Your Health

If there are any changes in your physical conditions such as a cold, an infection, a fever, or if you begin treatment for any other medical problem, notify your surgeon immediately. This may affect your ability to have surgery.

## The Day Before

Do not eat or drink anything after midnight before your surgery. This is important for your health. Bathe or shower and wash your hair the night before. Get a good night's rest.

## What to Wear

Wear loose-fitting clothing that is easy to get in and out of low heeled shoes. Do not wear jewelry or makeup and leave wallet, credit cards, and jewelry at home.

If you wear glasses, contact lenses, dentures, or a hearing aid and wish to have them with you during your pre and post-procedure periods, please do so but bring containers for them. These can be left at your bedside. Be sure to check and make sure you have these belongings with you at time of discharge. Wedding bands are no longer allowed in the operating room. If unable to remove, consider having a jeweler resize, otherwise, the band may be cut off in surgery.

## The Day of Procedure

Take nothing by mouth, including water, coffee, soft drinks, juice, chewing gum, or candy, unless you are given specific instructions.

Take no medications before surgery unless you are given specific instructions to do so. If you must, take it with the smallest sip of water necessary.

## What to Bring

- Bring a list of your regular medications including names and mg. dosage, if you have not already done so.
- Bring your insurance identification card with you.
- Bring any additional forms or X-rays your physician has given you.
- Bring a copy of your advance directives (living wills, healthcare surrogate, etc.) if you have any such arrangements. If not, information is available at the hospital

See the insert for instructional information concerning where to check in for the day of your scheduled procedure. If you have not preregistered, you will complete the necessary forms at this time.

You will be asked to sign a consent form. This is for the procedure and states that you understand what is to be done, the risks involved, and that you agree to have the procedure performed by the physician named on the form. You will be taken to the preop area where a nurse will take care of you.

## Transportation

It is absolutely required that you arrange to have someone drive you home after surgery. Patients are not permitted to leave alone after an operation. The nurses can help you estimate your discharge time so you can make the necessary arrangements.

## Guests

Your spouse, a relative, or friend may accompany you to the outpatient lobby. Since your stay will be for a few hours, other guests are discouraged. Waiting area space and guest facilities are limited, so please do not bring additional visitors.

## Anesthesia

In order to have an anesthetic for your procedure, you will require the professional services of an anesthesiologist. It is the job of the anesthesiologist to monitor vital functions, such as your heart rate and blood pressure, as well as providing you with relief and protection from pain during your surgical procedure.

The anesthesiologist will review your case and answer any questions you may have before the procedure. You will meet with the anesthesiologist who will be taking care of you. At that time, you or your family may ask questions or discuss your options regarding anesthesia.