

## Getting Ready for Surgery at Sanford Health

**Thank you** for choosing Sanford Health for your surgical care. This guide will help you to have a successful surgery experience.



## Enhanced Recovery after Surgery

ERAS means Enhanced Recovery after Surgery. This is a program developed to improve patient outcomes with surgery. Following these tips will lead to a faster recovery and getting back to what you want to do sooner.

### Before surgery

- Be active (walk at least 30 minutes per day for 5 days before surgery, if able).
- If you are a smoker, now is the time to quit. Talk to your doctor if using nicotine replacement therapy is right for you.
- Know the importance of handwashing and how to protect yourself from infection.
- You will receive phone calls before surgery to help you get ready.

### The morning of surgery

- Drink the clear presurgical drink if directed by your surgery team. The drink tastes best if it is chilled. (This is not required for all surgeries.)

### Right after surgery

- Soon after surgery you will get out of bed with help. Being active is the most important thing you can do to get better.
- While in bed, move your feet and legs often to help prevent blood clots from forming.

### At home

- Be as active as your doctor advises.
- Someone will call to check on you after your discharge.
- Call your doctor if you have any concerns including fever, problems passing urine or stool.

### Enhanced Recovery after Surgery

Following these guidelines for recovery will help with:

- Breathing
- Blood flow
- Return of bowel function
- Pain
- Overall wellbeing

Items marked in blue are part of ERAS.

# Getting Ready for Surgery

## Phone calls or clinic visit

- 2 to 3 days before your surgery a nurse will call you or you may visit a nurse in a clinic. They will ask you questions about your medicines and health to make sure you can safely have anesthesia.
- 1 business day before your scheduled surgery, you will get a call telling you what time to come in on the day of your surgery.
- A nurse in the clinic or preoperative area will give you the information for the questions below. Use this worksheet to write down what you need to know

## Questions about My Surgery

|  |                         |
|--|-------------------------|
| What day is my surgery?                                | Who is my surgeon?      |
| What surgery am I having?                              |                         |
| What time should I arrive? (this may be called to you) |                         |
| Where am I having surgery?                             |                         |
| Where should I park?                                   | What door should I use? |

Follow these steps and the checklist on the next page to be prepared for surgery:

## Getting Ready Safely

|  |   |
|--|---|
| What medicines should I take in the morning with a sip of water?   |   |
| When do I stop eating, drinking, using tobacco, sucking on hard candy, or chewing gum? (this may be called to you) |   |
| <input type="checkbox"/> <b>Eating</b> food, candy, or gum<br>Stop date: _____ Stop time: _____                    | <input type="checkbox"/> <b>No tobacco products</b> 24 hours before surgery.  |
| <input type="checkbox"/> <b>Drinking</b> clear liquids<br>Stop date: _____ Stop time: _____                        | <input type="checkbox"/> You may be told to take a <b>special drink</b> before surgery at this time: _____  |
| How will my medications be reviewed? (check one)   | <input type="checkbox"/> Bring all medications in their bottles<br><input type="checkbox"/> Bring a list of your medicines  |
| Should I bring any medical equipment that I use at home? (check all that apply)                                    | <input type="checkbox"/> CPAP machine<br><input type="checkbox"/> CPAP tubing<br><input type="checkbox"/> Know CPAP settings _____<br><input type="checkbox"/> Cane or walker<br><input type="checkbox"/> Other _____ |

## Before Surgery

Following these steps can help you have a safe surgery and a successful recovery.

Failure to follow these steps may mean rescheduling your surgery to another day.

- See your doctor for an exam before surgery as recommended by your surgeon. Ask about when to take or stop taking these medicines. Write any instructions below.
  - **Blood thinners:** \_\_\_\_\_
  - **NSAIDs** (such as Advil or Aleve) or aspirin: \_\_\_\_\_
  - **Weight Loss** medications (such as Phentermine): \_\_\_\_\_
  - **Herbal** medicines or supplements: \_\_\_\_\_
  - **Diabetic** medicine changes: \_\_\_\_\_
  - **Blood pressure** medicine changes: \_\_\_\_\_
  - **Viagra, Cialis, or Levitra** changes: \_\_\_\_\_
- Tell your doctor if you drink alcohol most days.
- Arrange a ride home from the hospital or surgery center as directed.
- Ask someone to stay with you for 24 hours or more after you are discharged.
- Eat nutritious foods including proteins, whole grains, and colorful fruits and vegetables.
- Walk 5 times a week for 30 minutes (if able) to gain strength.
- Be sure to have adequate rest and sleep in the weeks before surgery.
- Do **not** drink energy drinks 24 hours before surgery.

## The Day Before Surgery

- Stop drinking alcohol. No liquor, beer, or wine for 1 day before surgery.
- Shower before bed using soap. Your surgeon may tell you to use special soap. Do **not** use any deodorant, nail polish, makeup (especially eye makeup), lotions, powders, perfumes, or shave area of surgery.
- Stop all tobacco products for 24 hours before surgery.

## The Morning of Surgery

- Follow eating and drinking instructions. Do **not** use coffee creamer, chew gum or suck on hard candy.
- Remove all jewelry including wedding rings and all piercings. Use plastic inserts as needed.
- Shower again using soap. Your surgeon may tell you to use special soap. Do **not** use any deodorant, nail polish, makeup, lotions, powders, perfumes, or shave area of surgery.
- Brush your teeth and/or use mouthwash.
- Take only your prescription medicines, as directed.
  - Do **not** take those that you have been asked to stop.
- Leave any valuables, such as jewelry and watches, at home.
- Wear clean, loose, comfortable clothing.
- For women: If you have your period, wear a pad instead of a tampon.

# What to Expect the Day of Surgery

## Admitting

- You will need to remove contact lenses.
- A nurse will bring you into the admitting area.
- You will be asked to change into a hospital gown.
- A nurse will look at your health record with you.
- You will visit with an anesthesia provider, your surgeon, and other staff that may help with your care.
- A support person of your choice may be with you. This person will need to care for your personal valuables during your surgery.
- This takes about **45 minutes to 1 ½ hours**.

If your surgery needs to be re-scheduled, speak with your doctor about restarting your medications.

## Surgery

- When the admitting process is done and the surgery before yours is completed, you will be moved to the operating room.
- You will be connected to equipment that will monitor you during the surgery.
- An anesthesia team and operating room nurses will care for you during surgery.
- The amount of **time for the surgery** depends on the type of surgery and your needs.

## Recovery

- As you wake up in the recovery room (depending on the surgery, you may skip this step), you will be monitored by nursing staff. You will be in the recovery room **about 1 hour**. This may be longer based on the type of surgery and your needs.
- You may have oxygen, an IV, or a bladder catheter.
- When you are ready, you will be moved to the discharge area or taken up to your room if you are staying in the hospital.

## Discharge

- Your time in the discharge area depends on:
  - How long it takes for the anesthesia medications to wear off and how fast you wake up.
  - How well your post-surgery symptoms are controlled.
  - If you need other cares, equipment, or procedures.
  - How well you are tolerating a snack
- Managing your pain at a level that is comfortable for you may include medicine and non-medicine methods. It may not be possible to stop your pain fully. Talk to your doctor about what to expect.
- The discharge process takes about **45 minutes to 1 ½ hours**, but may change based on your needs.

Arrange a ride home from the hospital or surgery center as directed. Your surgery may be rescheduled if you do not have an adult to bring you home.

## 24 hours or more after surgery – for your safety

- Ask someone to stay with you after you leave the hospital or surgery center.
- Do not use sleeping pills or drink alcoholic beverages.
- Do not make any important decisions or sign important papers.
- Do not drive a motor vehicle, operate machinery, or use power tools.