

Preparing for Your Surgery

Thank you for choosing 900 N Michigan Surgical Center for your upcoming surgery or procedure. Please carefully follow these important guidelines in conjunction with your physician's instructions. Your surgery may be postponed if these guidelines are not followed.

Pre-Admission Telephone Confirmation:

- When your doctor's office schedules your surgery/procedure, you will receive a text message with the preliminary time your surgery is scheduled to take place. Please note that since changes may occur in scheduling, your confirmed surgery time may be different from the preliminary scheduled time. **Please refrain from scheduling activities around your surgery, as the confirmed time may change from morning to afternoon, or vice versa.**
- One to five (1-5) business days before your surgery, you will be contacted by a registered nurse from 900 N Michigan Surgical Center.
- The nurse will give you instructions on when to stop eating and drinking and will ask you questions about your medical history and current medications.
- You will have the opportunity to ask questions that you may have.
- **You will receive a text message with your confirmed surgery time at 5pm the day before surgery.**
- Please tell the nurse if you recently had or currently have a cold or fever. Anesthesia is not safe if you have recently had a cold or respiratory tract infection.
- Please report any injuries, infection at surgical site, tooth infection, or other condition that may require postponement of your surgery.
- Please let the nurse know if you will need any assistance on the day of surgery, such as a wheelchair or translator.
- A representative from Interpreter Services is available at no cost to you. Please notify our staff during the pre-admission phone call if you need an interpreter so we can make arrangements ahead of time.

Preparing for your surgery:

The following are general guidelines for preparing for your surgery. In addition, please follow the directions that you receive from your surgeon and ask your surgeon or primary care physician if you have any specific questions.

- Two (2) weeks prior to your surgery, stop taking aspirin, ibuprofen or any products that contain aspirin or ibuprofen, such as Advil or Motrin, unless specified by your surgeon, as these can cause prolonged bleeding. Ask your doctor about alternative medications you can use, such as acetaminophen (Tylenol).
- If you are on blood thinners, you will continue to take them as instructed by your Cardiologist or Hematologist and in agreement with your surgeon.
- To ensure timely anesthesia review and clearance, please complete any tests (EKG, blood work, imaging) that have been ordered by your doctor prior to your surgery.

- Please be sure to arrange for a responsible adult to drive you home after surgery. This does not include public transportation, a taxi driver, or ride-sharing services. **Your surgery will be cancelled if you do not have a responsible adult available to take you home at time of discharge.**

When to stop drinking and eating prior to surgery:

- Do not eat anything after midnight the night before your surgery.
- Do not chew gum or eat candy or mints after midnight the night before your surgery.
- Do not smoke after midnight the night before your surgery, as this hinders circulation and breathing.

Medication and supplements:

Using the link sent to you via text message and email, please complete the Medication History Questionnaire prior to your scheduled surgery. When filling out your Medication History Form, please accurately note the dose and frequency of each medication and supplement.

- As previously noted, stop taking aspirin, ibuprofen or any products that contain aspirin or ibuprofen, such as Advil or Motrin, two weeks prior to your surgery unless specified by your surgeon.
- Please discontinue any *herbal supplements* and fish oils two weeks prior to your surgery unless instructed by your physician.
- Unless instructed to do so, please continue to take your medications as prescribed by your physician. Remember to only have a small sip of water with your medications.

On the day of surgery:

Your prompt arrival is important to give our staff enough time to get you ready for your surgery. If you foresee a problem arriving on time, please notify us as soon as possible by calling 312-291-7440.

Please remember, your surgery may be cancelled if you:

- Eat or drink anything after your specified time.
- Arrive at the reception desk later than the arrival time confirmed by the nurse during the pre-admission phone call.
- Have not arranged for transportation home with a responsible adult.
- Have a cold, fever or any other condition that makes your surgery unsafe.

Preoperative Assessment:

After checking in at the reception area, you will proceed to the preoperative area where a nurse will ask you to change into a surgical gown and begin the preoperative assessment.

- The nurse will ask you pertinent health questions that are necessary for a complete evaluation.
- You will be asked to sign the Consent for Procedure or Surgery and the Consent for Anesthesia forms.

- An anesthesiologist will discuss the appropriate anesthetic options with you and answer your questions.
- An operating room nurse and your surgeon will speak to you to confirm the details of your surgery prior to going into the operating room.
- After the preoperative assessment is completed, your guest will be able to join you in your pre-operative room, should you prefer to have company while you wait.

Personal Items and Valuables:

Although you will be given a space to protect your clothing and personal belongings, it's always best to leave jewelry and items of value at home. 900 North Michigan Surgical Center unfortunately cannot be held responsible for any lost items. Therefore, we recommend that you bring only essential items such as glasses, dentures, hearing aids, canes, walkers, or wheelchairs to our facility.

- If you wear contact lenses or glasses, you may be asked to remove them before surgery. Please bring a case for safekeeping.
- Leave valuables such as jewelry including rings, watches, earrings, and body piercings at home or with your family member. All jewelry must be removed prior to surgery.
- Wear comfortable, loose-fitting clothes and low-heeled shoes. Depending on your procedure, you may have bulky bandages that will require loose-fitting clothes when you go home.
- Please refrain from wearing makeup and fingernail polish. Nail polish may interfere with monitoring equipment during your surgery.
- If you are on your menstrual period, for your safety, you will be asked to remove the tampon and given a sanitary pad and mesh underwear to use instead. Failure to follow instructions may result in the need of tampon removal in the OR by the operating room nurse.

Post-Operative Care:

Following surgery, you will be transferred to the Post Anesthesia Care Unit (PACU). In the PACU, you will be closely monitored as you recover from your anesthetic.

- Your surgeon or nurse will let your relatives or friends waiting in the Waiting Room know that the procedure has been completed and will let them know when you can have visitors.
- One person at a time is allowed to visit you in the PACU area.
- It is not recommended for small children to visit the PACU.
- The length of stay in the PACU will depend on many factors, including pain control, comfort, and instructions from your surgeon.

Discharge Instructions:

During your recovery time in the PACU, your nurse will give you or your family written instructions that may include how to care for your surgical site, what to expect during your recovery and assistance with walking.

- Be sure to follow the discharge instructions given to you by your nurse at the 900 Surgery Center and from your surgeon's office. This will ensure the best possible recovery from your surgery or procedure.
- Please ask questions regarding your care at this time.
- If medications are ordered, please make sure to fill them out prior to your surgery.
- Once it is determined by the surgical team that you are ready to go home, you will be able to get dressed and leave with a responsible adult.

Post-operative transportation:

We require that you have a responsible adult available to accompany you home. This does not include public transportation, a taxi driver, or other ride-sharing services. Your surgery will be cancelled if you do not have a responsible adult available to take you home at time of discharge.

Transportation should be arranged prior to your arrival to the facility.

Follow-up:

If you have any immediate concerns about your medical condition once you arrive home, such as fever, chills, severe nausea, vomiting, bleeding, or severe pain, please contact your surgeon. If it is an emergency, dial 911 or report to the nearest emergency room.

The day after your surgery or procedure, you will receive a call from one of our nurses to make sure you are well on your way to recovery. If your surgery was on a Friday, you should expect a call the following Monday morning.

Share your experience:

To help ensure that we are providing the best care possible, please provide us with some details about your experience. We value your feedback and want to hear from you.

After your discharge, you will receive a survey regarding your experience at 900 N Michigan Surgical Center. Please take a moment to let us know how we can continue to provide exceptional service.