

My Surgery Information

Getting Ready for Surgery

Surgeon's Name:

Date of Surgery:

Time to Arrive for Surgery:

If we have not called you by 3 p.m. the day before your surgery, please call us at **336-713-6000**.

You need to bring a support person (someone 18 or older) on the day of your surgery.

- They will stay in the waiting room during your surgery.
- They will go home with you after surgery.
- They must stay with you overnight.

If you don't have someone who can do this, we may need to delay your surgery until you can make arrangements.



The Day Before Surgery

- **Pre-op instructions:** Follow your surgeon's instructions and the directions from your Pre-Op Optimization team (POC). Check your After Visit Summary (AVS) for details.
- **Medications:** Take your medicines as your AVS and POC clinician told you. If you need to take on the day of surgery, use only a small sip of water.
- **Skin preparation:** Wash your body with antibacterial soap or the special soap you were given. Pay extra attention to the area where you will have surgery. DO NOT shave the area. Shaving can cause infections.
- **Stop eating:** Stop eating solid food after 11 p.m. You can drink clear liquids until 2 hours before you are scheduled to arrive for surgery. Check your AVS for any special instructions for your surgery.

What You Can Drink Before Surgery

- Water
- Gatorade or other clear electrolyte drinks
- Lemonade (no pulp) or Kool-Aid®
- Sodas, teas, coffee (no cream or milk)
- Gelatin like Jell-O® (no fruit) - No red
- Popsicles (no fruit or cream) - No red

Watch for Signs of Infection

Call your doctor right away if you notice any of these signs:

- You feel very tired all of a sudden
- You have a fever of 101°F or higher
- The area feels hot when you touch it
- The skin around the area looks red

Caring for Your Surgery Area



Wash your hands before and after touching the wound



Change your wound dressing as you were told



Keep your wound and dressing dry



Do not pick at your staples, tissue glue or stitches

Preventing Nausea & Vomiting

Tell your care team:

- Let your care team know right away if you feel sick to your stomach (nausea).
- Tell them if you have ever felt sick after surgery before.

Control your pain:

- Keep taking your pain medicine, even if you feel sick to your stomach.
- Take your pain medicine at the times you are told. This helps control pain after surgery.

Take it slow with food:

- Go back to eating regular food slowly. This helps prevent feeling sick.
- Start with clear drinks and mild foods like dry toast, clear soup, crackers or oatmeal.