

# Pre-Op Surgical Instructions



Date of Procedure: \_\_\_\_\_

Check-In Time: \_\_\_\_\_

Date to Start Prep: \_\_\_\_\_

My Surgeon:  Dr. Christopher Morrissey  Dr. Patrick Bloedel

My Hospital:  William Newton Hospital | 1300 E 5th, Winfield | 620.221.2300

SCK Medical Center | 6401 Patterson Pkwy, Arkansas City | 620.442.2500

*You will be getting a pre-op call from a nurse at the hospital the day before your surgery. If your surgery is on a Monday, we will call the Friday before.*

**Bring your MEDICATIONS in their original, labeled containers.** If you usually take heart or blood pressure medication in the morning, plan to take the medication with a small sip of water before coming to the hospital unless the medication is an ACE inhibitor (eg. Lisinopril). *PLEASE NOTE: Medicare insurance does not cover any oral medications taken while hospitalized as an outpatient. Remember to bring all medications you are regularly taking along with time and dosage information.*

If you are **DIABETIC**. Do not take oral medication or insulin unless advised to do so by your physician.

**NO FOOD, DRINK, GUM, SMOKING, VAPING, or CHEWING TOBACCO AFTER MIDNIGHT.** Do not eat or drink anything after midnight unless you are advised by your physician. You may brush your teeth and rinse your mouth but do not swallow any of the water.

*Surgery times are tentative. Sometimes the OR team is running ahead of schedule and sometimes emergency cases or complications may delay the schedule. We thank you in advance for your patience and understanding.*

**For SURGICAL PROCEDURES: Shower (NO BATH) with HIBICLENS (Chlorhexidine) the night before.** This is for external use ONLY. Avoid contact with mucous membranes, nose, mouth and internal orifices (genitals). Follow the instructions on the label.

**Do not SHAVE.** It is best to NOT shave any part of your skin (other than facial) for at least two days prior to surgery.

**Do not apply LOTION OR MAKEUP.**

## **WHAT TO BRING WITH YOU TO THE HOSPITAL**

- Legal ID, insurance, and medical cards
- Any forms your surgeon's office asked you to complete
- A complete list of allergies
- All medications that you are taking along with time and dosage information
- Telephone numbers of people you might wish to call
- Wear casual, loose clothing, and bras for those having a breast procedure
- A case for glasses or contact lenses and hearing aids
- CPAP machine and mask (if you have sleep apnea)

## **WHAT NOT TO BRING/WEAR**

- Jewelry, body jewelry, or valuables
- Contact lenses
- Makeup
- Body lotion
- Dark nail polish

*If you have any questions or need to reschedule or cancel the appointment, please call your surgeon's office (Dr. Morrissey's office: 620.222.6270 or Dr. Bloedel's office: at 620.221.8930) or call the hospital.*

# Post-Op Surgical Instructions



## GETTING HOME

**PLEASE** make arrangements to have someone drive you home. You **CANNOT** drive or walk yourself home. Minors must be accompanied by a parent or legal guardian.



## DISCHARGE CRITERIA

**These are the milestones your healthcare team will monitor before you can be discharged:**

- Stable Vital signs
- Nausea/vomiting control
- Pain control
- No active bleeding
- No fever

**Additionally, these milestones you will need to be met before you can leave:**

- Walk
- Urinate
- Eat and drink

*Every procedure is different. For some procedures, these milestones take only a short time. For others, they take several days. The amount of time you will stay depends on the procedure.*



## TIPS FOR GETTING WELL

- Take things slowly until your physician says you may resume your usual routine.
- Eat small meals for the first day at least. Sometimes large meals cause nausea!
- Take your pain medicine. If your pain medication contains Tylenol (Percocet, Norco), do not take additional Tylenol until you stop the narcotics. If your pain medicines make you nauseated, take them with food.



**GO TO ALL SCHEDULED FOLLOW-UP APPOINTMENTS AT YOUR SURGEON'S OFFICE, IF APPLICABLE.**



**CALL YOUR SURGEON WITH ANY OF THESE SIGNS FOR INFECTION**

- Swollen or red incision site
- Purulent drainage (pus)
- Warm to touch
- Bleeding from your incision site

*Contact your surgeon or the hospital if you have any questions about your discharge instructions (Dr. Morrissey's office: 620.222.6270 or Dr. Bloedel's office: at 620.221.8930).*