

Getting ready for surgery:
A guide for patients



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Welcome to the Surgery Center at Marketplace.

Feeling anxious about surgery is natural. But we're here to help.

Having surgery is a big deal. So it's natural to feel anxious, to have questions—and to want to understand exactly what's going on.

This booklet is here to help. It contains all the information you need to feel more comfortable about your upcoming surgery.

Read it over, and use our helpful checklists to be sure you have everything covered. It will help you to come in feeling confident and totally prepared on the day of your surgery.



Dr. Sonia Pyne,
Director of Anesthesia

Dr. Michael Maloney,
Medical Director



Getting Ready for Surgery

Pre-Surgical Screening

Before you have your surgery, you will be contacted for a pre-surgical screening by MyChart or phone call from our pre-surgical nurse. During this call, you will discuss your medical history and which medications you're currently taking. Please complete screen as soon as possible to ensure there are no delays in your procedure.

Make sure you pay close attention—and keep a pen or pencil handy—because this is when you will learn which medications you need to stop taking before your surgery.

You may need to meet with an anesthesia provider before your surgery. If you need to be seen, our scheduler will give you a call and arrange a convenient time to meet with a member of the anesthesiology team.

Medication Restrictions

Medications and supplements can have amazing benefits for your health. But you may

have to stop taking them before your surgery. The pre-surgical screening nurse will discuss this with you. In the meantime, here are a few guidelines to keep in mind.

Unless otherwise specified by your surgeon, please do not take anti-inflammatory medication like Aleve, ibuprofen or Motrin. These medications pose a bleeding risk and should be stopped at least five days before your surgery. If you are not sure whether you should stop a medication, please call your surgeon's office.

Anticoagulants or blood thinners like aspirin, Coumadin, Plavix and Heparin also pose a bleeding risk. If you take these medications, Make sure you first discuss with your surgeon and precribing provider so that a safe plan can be established for you. This is often not addressed until screening and is not always enough time to do so before surgery.

Stop taking herbal supplements or vitamins at least two weeks before your surgery.

These products contain unregulated amounts of active ingredients and can have unplanned side effects on a surgery.

Food and Drink Restrictions

What you eat before your surgery might not seem that important, but remember: every part of surgery is important. So make sure you follow food and drink restrictions to the letter. Otherwise your surgery may have to be delayed—or even cancelled—for safety reasons.

Here are the most important things to know:

- We will call the day before your surgery between 2 to 5 p.m. We will provide you with your arrival time and detailed instructions on what time you need to stop eating and drinking.
- Given the global pandemic, there may be a requirement for you to be tested before a procedure, regardless of vaccination status. This requirement may change at any time. For the most updated guidance, please reach out to your surgeon's office.
- Make sure you follow your eating and drinking instructions exactly. Otherwise your surgery may be delayed or cancelled.
- In general, patients cannot have anything to eat after midnight—this includes candy, gum and lozenges. Some patients may be asked to stop eating at an earlier time.
- Patients may have clear liquids up until four hours before arrival time.
- Clear liquids include water, apple juice, colas, Gatorade and Pedialyte.
- Call the Surgery Center at 585.602.4360 if you have any questions.

What to Bring to Your Surgery

Necessary Items

These items are necessary for you to have your surgery. Make sure you bring all that are applicable to you.

- Photo ID
- Insurance card
- Prescription card
- Advance directive (if you have one)
- Court-issued guardianship document (for legal guardians)
- CPAP mask (if you have sleep apnea)
- Support equipment if you have it (sling, knee brace, crutches, cane, walker)
- Loose-fitting clothing
- Dentures, hearing aids, glasses and other necessities

Items to Avoid

Contact Lenses

Contact lenses are easy to forget about and can cause injury if left in during surgery. Make things easier on yourself: wear your glasses. If you choose to wear your contacts, you will be asked to remove them before going into the OR.

Jewelry

All jewelry and piercings need to be removed prior to your arrival. This includes your wedding ring. Jewelry presents a risk of injury during surgery and isn't always easy to remove in an emergency.

Perfume, Body Lotions, Makeup and Fake Eyelashes

Substances that you wear on your body can get inside the surgical site and cause infections or other complications. Wash everything off the night before your surgery, especially any eye makeup.

Additional Pre-Surgery Notes

Illness

If you're feeling sick before your surgery, call your surgeon's office immediately.



Making Arrangements

A surgery's success is decided by what happens outside the operating room, too. Save yourself the trouble of trying to do other things when you should just be recovering. Make these arrangements before your surgery:

Figure out how you will get home.

You will need to be supervised following anesthesia. You will not be able to drive yourself home. If you show up day of surgery without a safe ride home, your procedure will be cancelled. And even if you plan on taking a cab or taxi, you will need to bring someone along with you to make sure you get home safely. Call a family member or friend today and make sure you have a way to get home from the surgical center.

Arrange childcare for children under 14.

Younger children are not allowed in the treatment areas and can't be left unsupervised in the waiting room. Arrange for a babysitter or drop your child off with a family member or friend before you have surgery.

Pediatric Patients

Decide who will stay at the center during your child's surgery.

At least one parent or legal guardian will need to stay in the building for your child's surgery to be on hand for updates and decision-making.

Day of Surgery Walkthrough

It's normal to feel a little stressed on the day of your surgery. That's why we do our very best to help the process run smoothly and put you at ease. Here's a quick summary of what to expect on the day of your surgery.

Arrival

- You will receive your scheduled arrival time after 3 p.m. on the business day before your surgery. (Monday surgeries will receive a call the previous Friday.) Your arrival time will typically be 1 to 1½ hours prior to your surgery. The extra time before your surgery will be used to go over your health information and prepare you for surgery.
- Once you arrive, go to the reception desk to begin registration.
- After you've finished registering, you may go to the waiting area. A healthcare provider will be with you shortly.

Pre-Surgery

- The healthcare provider will take you to the pre-operative area and ask you to provide a urine sample (if necessary). All female patients of childbearing age will need to take a urine pregnancy test at this time.
- Next, you will continue to your pre-op room.
- A registered nurse will review your health information and check your vitals.

- At this time, you'll remove your clothing and change into a patient gown and slipper socks.
- After the nurse meets with you, two people—such as adult family members, your significant other or a friend—will be able to wait with you.
- You will also meet with the operating room team to review your health history and anesthesia plan.
- Once you are fully prepared, you will be escorted to the operating room. Anyone with you at this time will return to the waiting area.

Post-Surgery

- After your surgery, you will be taken to the recovery room. Up to two family members or friends will be able to visit you once you are awake and comfortable.
- Family members of pediatric patients will be escorted to the recovery room as soon as the child arrives there.
- Your discharge time will depend on how you're feeling as you recover from anesthesia and by the type of surgery you had. If you have general or regional anesthesia, you will need to wait 30 minutes to two hours.
- Once you're ready to go home, a nurse will go over your post-operative instructions and answer questions before you will be able to leave. So remember to set up your ride home!

For Families: While You Wait

Waiting while your loved one has surgery can be one of the hardest things in the world. We'll do our best to help you through the wait with peace of mind—and make sure you see your family member or friend as soon as possible afterwards. In the meantime, there are a few things you can do to make the wait a little bit easier:

Bring something to do.

Whether it's a book, magazine, tablet or video game, it's always a good idea to keep your mind occupied while you wait. And yes, we do have Wi-Fi.

Don't go hungry.

Waiting is even worse when you're hungry. We recommend you bring something to eat along with you. Free hot beverages are available.

Ask questions.

If you're worried about your loved one's surgery, talk about it beforehand. You might be able to ease everyone's fears. Be sure to ask any questions that come up right before surgery. Waiting is much easier if you don't have unanswered questions that you're worried about.

Directions

Here are some basic directions to get to the Surgery Center at Marketplace. You can find more detailed instructions by going online or calling us at 585.602.4360.

- Based on your starting location, take either 390N or 390S to the Hylan Drive exit.
- Head north on Hylan Drive.
- Turn left into the mall.
- Turn right at the mall entrance.
- Your destination will be on the left at 10 Miracle Mile Drive.

Additional Resources

On-Site Pharmacy

For your convenience, we operate an on-site pharmacy from 7 a.m. to 3:30 p.m. so you can get your prescriptions filled—and get home—faster.

Guest Services

If you're traveling from out of town, our Guest Services Department can help you find a place to stay at reduced prices. Just call 585.275.7581.

www.urmc.rochester.edu/anesthesiology/center-for-perioperative-medicine.aspx

Anesthesiology and Perioperative Medicine,
University of Rochester Center

www.mychart.urmc.rochester.edu

We're here for you.

You can do this. And remember: we are always here to help.

Thank you for trusting us to perform your surgery. If you have any other questions or would like more information on your—or your child's—surgery, please refer to the contact numbers below.

Contact Numbers

Surgery Center at Marketplace	585.602.4360
Surgery Center at Sawgrass FAX	585.742.4236
Pre-Surgical Screening Department	585.262.9150
Guest Services Department	585.275.7581



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