

Preparing for your Surgery

Preadmission Testing appointment date & time: _____

Surgery date & start time: _____ Arrive at: _____

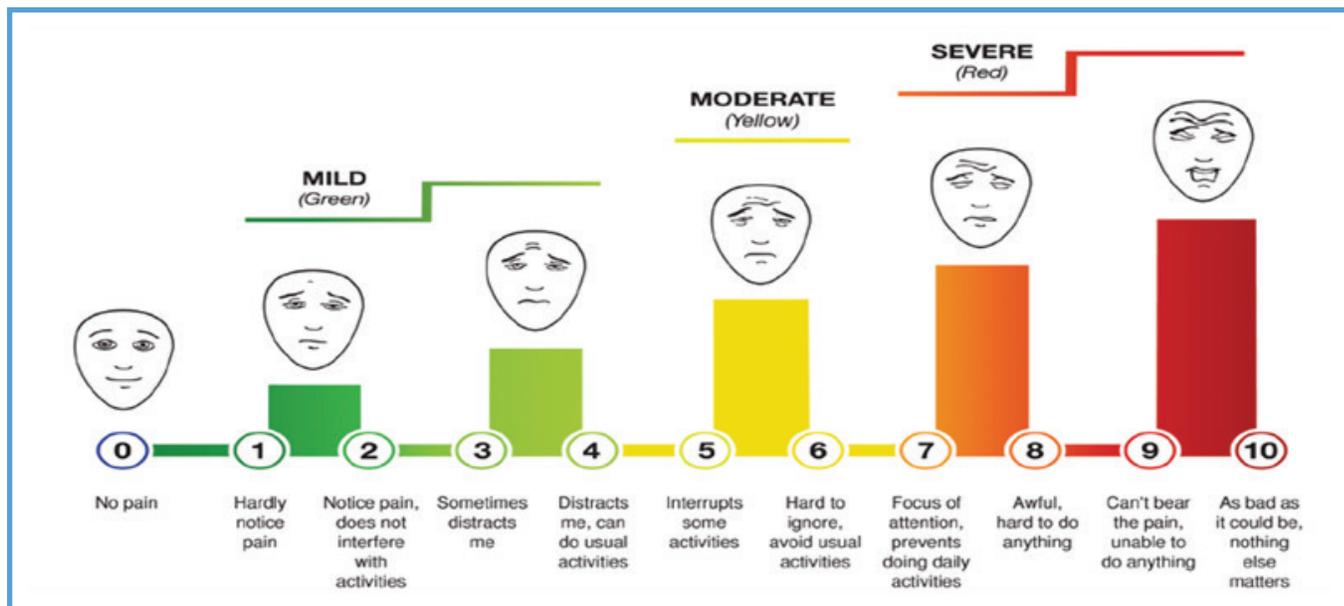
It is very important that you arrive on time. If your arrival time changes, you will be notified by your surgeon's office.

Important Instructions:

- **Do not eat after midnight the night before your surgery.** This includes candy, gum and mints. This is the most important instruction and vital to your safety during surgery.
- If you normally take medicine every morning for your heart, blood pressure, COPD/Asthma, seizures, acid reflux/GERD or pain - please take **ONLY** those medicines on the morning of your surgery with a small amount of water. **Please note:** If you take blood thinners do not stop taking them until you discuss this with your surgeon. If your surgeon wants you to stop your blood thinner before surgery they will contact the doctor who prescribes it and get permission from them to stop it. Your surgeon's office will then tell you exactly what to do.
- Stop taking all NSAIDs (ibuprofen, Advil, naproxen, Motrin, Celebrex, Meloxicam, etc.), weight loss medicines, herbal medicines and herbal teas one week before your surgery.
- You must arrange to have a responsible adult (age 18 or older) to be present before, during and after surgery. If you are going home the same day as your surgery you must arrange for a responsible adult to drive you home and stay with you for 24 hours.
- Do not smoke, drink alcohol or use illegal drugs for 24 hours before surgery.
- On surgery day take off all your jewelry, including piercings, and leave all valuables at home. Remove all polish on your fingers and toes. Take a shower with an antibacterial soap like Dial or Safeguard. After showering do not apply makeup, deodorant, lotion, powder, etc. Brush your teeth and wear clean, comfortable clothes.
- Call your surgeon's office if you become ill, have any changes in your health, or need to cancel or reschedule your surgery.
- If you use a CPAP machine please bring it with you. If you use an insulin pump you should bring supplies with you.

Pain and Nausea Management

Your comfort is very important to your recovery. We want to control your pain after surgery. We use the scale below to help evaluate your comfort level. You need to talk about your discomfort with your nurse and ask for help to manage it. There are many options to help with pain relief such as medicines, repositioning, prayer, etc., and your nurse will explain them to you. If you are experiencing side effects from any medicine given to you (nausea, itching, etc.) please tell your nurse as they can be managed also. Nausea can be a side effect of anesthesia. Please tell your anesthesiologist if you have had nausea in the past. Medication can be given before and/or after your surgery for your comfort.



Infection Prevention

We are committed to the health and wellbeing of our patients. Because we care, we would like to share with you what you can do and what we are doing to prevent you from getting an infection.

Do not shave or wax your surgical area within 24 hours of surgery. Your healthcare providers should clean their hands as they approach you and if you don't see them do it please ask them to do so. Before surgery, staff will clean your surgical site with antimicrobial soap and if necessary remove hair with clippers. Your surgeon may give you antibiotics during surgery. Your surgeon and operating room staff will clean their hands and arms with antimicrobial soap and wear hair covers, gowns, masks and gloves in the operating room.

Please do what you can to prevent infection. Hand hygiene is the most important step everyone can take to stop the spread of infection. Clean your hands before you eat and after you use the bathroom. Encourage your family members and other visitors to do the same.

To view "Your UNC Rex Surgical Experience" video, go to rexhealth.com/preparing-for-surgery.