



Preparing for your surgery

Welcome. Please read all of the following information as soon as you receive it. This will help make sure you are prepared for your surgery. It is important that you follow all of these instructions or your surgery could be cancelled.

Your pre-operative interview

- Your surgeon's office will schedule you for a **pre-operative interview** so we can talk with you about your health history and medications and discuss any concerns you may have. This will be done by our pre-admission health care team. In some cases, it can be completed over the phone; in other cases, you will have to come to the hospital for tests or other preparations.
- **Be sure you have discussed all your medications during the pre-operative interview.** Please fill out the enclosed medication form if you have not already done so. Be sure you have read the important information on medication safety before and after surgery that is included with the form.
- **If you need a pain reliever** before your surgery, it is safe to use acetaminophen (e.g. Tylenol) unless you have been told otherwise. Please follow the instructions you are given during your pre-operative interview regarding use of any other pain medicine before surgery.
- **Contact your surgeon's office if you develop cold or flu symptoms, sore throat, fever, productive cough, or drainage from the eye.** If you arrive with any of these symptoms on the day of surgery, your operation may be cancelled.

Plan for your care after surgery

- If you are scheduled to go home on the day of your surgery, you must arrange for a **responsible adult to take you home.** You may not go home in a taxi or via the RIDE or a hired car unless accompanied by a responsible adult (in addition to the driver). Your surgery will be cancelled if you do not have safe transportation home with a responsible adult.

Remember:

- Your surgery is scheduled for:
Date: _____
- Make sure you know what medicines to take and not to take before and after your operation.
- Follow the instructions you were given regarding use of **pain medicine** and **diabetes medicine** before your surgery.
- If you are going home the same day: **Arrange for a responsible adult to take you home** or your surgery will be cancelled.
- Call your surgeon if you get a cold, flu, or other illness** while you are waiting for surgery.
- You will be told whether you need to call your surgeon's office after 2:30 pm **one (1) business day before your surgery** to confirm the time and location (campus and building) of your surgery. Call on Friday if your surgery is scheduled for Monday.
 - I do need to call.
Name/number: _____
 - I do not need to call.
- If your surgery is delayed or postponed** and you've been asked to change your regular medications to prepare for surgery, please call your surgeon's office for advice.
- Do not eat or drink anything after midnight** the night before your surgery (except approved medicines, with a small sip of water).
- Shower with CHG soap** the night before and the morning of surgery.
- If you have any questions about your pre-operative care, please call us at 617-667-6040.

- Find out where you can go to fill your prescriptions after surgery. A pharmacy close to home with evening hours is best. We cannot fill prescriptions at the medical center. Please plan on filling your prescription for pain medicine even if you don't think you will need it. You may find that you need it once the anesthesia wears off.

Evening before surgery

- Please shower the night before AND the morning of your surgery with an antiseptic soap called "chlorhexidine gluconate" (CHG) or "Hibiclens." If you come to the hospital for a pre-operative appointment, we will give you the CHG soap and instructions on how to use it. If you do not come in for a pre-operative appointment, your surgeon's office can give you information on where to get the soap and how to use it. Be sure you understand how to get and use the CHG soap; ask about anything that is not clear.
- Continue to take medications your doctor or nurse has told you to take. Beginning at midnight, take any medicines you've been told to take with a small sip of water. **After midnight, do not eat or drink anything else until your surgery.** This includes gum, hard candy, and mints.
- If you are diabetic, follow the instructions you were given regarding use of insulin or other diabetes medicine the night before surgery.

Day of surgery

- Please arrive 1 ½ hours before your surgery, unless otherwise instructed.
- Take any medications your doctor or nurse has told you to take on the morning of surgery with a small sip of water. This includes any pain medication you've been told is okay before surgery. **Do not eat or drink anything else.** (This includes gum, hard candy, and mints.) **Your surgery will be cancelled if this instruction is not followed.**
- If you are a diabetic, follow the instructions you were given about taking your insulin or other diabetes medication on the morning of surgery.
- Do bring a list of your current medications, including doses and frequency. You may use the enclosed chart to record your medicines. If you use inhalers at home, please bring them with you. Please do not bring any other medicines.
- Do wear loose, comfortable clothing. Do bring any assist devices you typically use such a sleep apnea machine, a brace, or a surgical girdle.
- If you are going home the day of surgery and your surgery is planned for 1 ½ hours or less, and/or if you are not having general anesthesia, your escort home should stay at the hospital.
- Due to unforeseen circumstances (such as emergencies) your surgery time may be delayed on the day of surgery. We will make every effort to let you know about any delays.

On the day of surgery:

- ⊗ Do not smoke.
- ⊗ Do not eat or drink anything except approved medicines, with a small sip of water.
- ⊗ Do not wear jewelry, including wedding rings and body piercing jewelry.
- ⊗ Do not wear makeup, body lotion, or contact lenses.
- ⊗ Do not bring valuables including cell phones, insurance cards, credit cards, driver's license.*

*The hospital cannot be responsible for valuables.

When you arrive at the hospital

- Please report to the campus and surgical check-in area you were instructed to go to by your surgeon's office. Your family or friend may come with you. Waiting space is limited so we ask that only one or two people come with you to the hospital.

- Before your surgery, you will meet with a nurse and the anesthesiologist who will be caring for you. Please discuss any questions or concerns you may have about anesthesia with your anesthesia provider.
- You may meet other providers from the surgical care team who will be involved in your care, such as fellows or residents. You may be asked the same questions by different people you meet. **This is for your safety.** Please answer all questions completely, even if you think we already have the information.
- Once you have gone into surgery, your family member or friend may wait in the designated waiting area. If they plan on leaving the hospital, a phone number where they can be reached should be given to the nurse in the pre-operative area so the surgeon can call when your operation is over. If needed, those waiting for you can be given a beeper.
- If you will be going home after surgery, we will keep your belongings on the unit until you have completed recovery and are ready to get dressed.
- If you are being admitted to the hospital after recovery, we will ask that your family/friend take your belongings. If your belongings cannot be taken by your family, we will place them in temporary storage until you are in your room.

After your surgery

- After your surgery, you will be brought to the post-anesthesia care unit (PACU). A registered nurse will care for you until the effects of anesthesia wear off.
- When you first come out of the operating room and are recovering from your anesthesia, your nurse will be at your bedside. Once you are more awake and your pain is controlled, you may have a visitor for a brief (**five minutes**) period. Visiting in the PACU is at the discretion of the nurse, and is based on your condition and the condition and privacy of those near you.
- The surgeon, nurse, or surgical liaison (a staff member or volunteer who helps with communication before and after surgery) will make every effort to keep your designated family/friend updated as you recover.
- If you are scheduled to be admitted to the hospital, you will be taken to your room when you are more alert and comfortable.

If you go home the same day

- If you are having outpatient surgery, you will be ready to go home within 30-90 minutes after your surgery is over. This is an estimate and may be a bit longer. The person taking you home must be available to pick you up as soon as you are ready for discharge. If the same person is bringing you in for surgery and taking you home afterwards, it's best if they stay at the hospital during your surgery if possible.
- Before you can go home, you will need to walk without dizziness. We will also make sure your discomfort is tolerable.
- We recommend that you have someone stay with you for the first 24 hours.
- You will receive written instructions to follow at home. The nurse will make sure you and your escort understand all of your instructions before you are discharged.
- For the first 24 hours, you may feel drowsy, slightly dizzy, and experience some mild nausea. You also may have some discomfort. The prescription medication you will be given should help control your pain.

Getting help

- Make sure you know what health care provider to call if you need help or have questions once you are at home. If you are not sure, please ask your nurse.

Where to park: Find the campus and building of your surgery

Parking is discounted after four hours. To receive the discount, the driver must present the parking ticket to the reception staff in any of the main lobbies for validation.

☐ East campus – Feldberg Building

- The Feldberg Operating Room Suite is on the 3rd floor of the Feldberg Building, 330 Brookline Avenue.
- If you are being admitted after surgery (and your surgery is in the Feldberg Building on the East Campus), please drive to the main Feldberg entrance and follow signs regarding parking. Enter the Feldberg lobby and check in for surgery at the main desk. Your inpatient room will be on one of the east campus nursing units. We will not know the exact room number until your surgery is complete.
- If you are going home after surgery (and your surgery is in Feldberg on the East Campus), please park in the Shapiro Clinical Center garage since you will be discharged from this location. The Shapiro Clinical Center is on the corner of Brookline and Longwood Avenues. The entrance to the parking garage is at the rear of the building on Binney Street (off Longwood Avenue). From the Shapiro Clinical Center lobby, take the elevators to the 2nd floor and follow the blue corridor to the Feldberg Building (a long walk). If you need a wheelchair, please ask the information desk concierge to help you. You will go over an enclosed bridge/walkway into the Feldberg building. Go down one floor to the Feldberg lobby and check in at the information desk.

For directions to the medical center:

- Call 617-667-3000
or visit
www.bidmc.org

☐ East campus – Shapiro Clinical Center

- The Shapiro Operating Room Suite is on the 3rd floor of the Shapiro Clinical Center, on the corner of Longwood and Brookline Avenues. The garage entrance is at the rear of the building, on Binney Street, off of Longwood Avenue.
- Take the garage elevators to the lobby and take the Clinical Center elevators to the 3rd floor. Follow the signs to surgery check-in.

☐ West campus – Clinical Center

- The Clinical Center Operating Room Suite is located on the 5th floor of the west campus Clinical Center on Deaconess Road, off of Brookline Ave. Enter the Clinical Center lobby at 1 Deaconess Road. Check in at the information desk in the lobby.
- Valet parking is available from 8 am to 9 pm at the entrance of the building.
- Self-parking is also available at the Pilgrim Road Garage on Crossover Street, which can be reached by either Pilgrim Road or Autumn Street.

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