

A GUIDE TO YOUR UPCOMING SURGERY

Preparing for Surgery

You are encouraged to take an active role in your care, patient education, discharge planning and recovery. If at any time you have questions, please ask.

- To get ready for surgery, you may have appointments for a history and physical exam, blood tests, radiology tests, a nursing interview or physical therapy. It is important to attend all of your appointments. Failure to do so could result in a delay or cancellation of your surgery.
- **If you have diabetes**, monitor your blood sugar as directed by your doctor. Work hard to maintain control of your blood sugar before surgery as well as during the healing process. High blood sugar increases your risk of infection.
- **Call your surgeon if** you become ill, have an infection (including a tooth infection), fever, cold/flu symptoms, open scrapes, cuts, sores or a rash anywhere on your body. These situations could lead to a surgical site infection.

If you have any questions, do not hesitate to call your surgeon's office or the pre-surgery nurse at **608-643-7193** Monday through Friday from 9 am to 4:30 pm.

SURGERY CENTER

260 26th Street
Prairie du Sac, WI 53578

SaukPrairieHealthcare.org



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Types of Surgery Stays

- **Outpatient Surgery:** You have surgery and are discharged the same day. Occasionally your surgeon may wish to have you stay overnight for observation.
- **Inpatient Surgery:** You are admitted to the hospital and stay for a period of time. The length of the inpatient stay will be determined by your surgeon.



Pre-surgery Instructions

- Talk with your doctor about any medications you are taking. Some medications may need to be stopped before surgery.
- Unless told otherwise, **do not eat or drink anything after midnight** before your surgery. This includes food, water, gum and hard candy.
- Do not drink alcoholic beverages 24 hours before surgery. If you smoke, quit or cut down. Do not smoke or chew tobacco the morning of surgery.
- Bathe or shower the night before and the morning of surgery. Do not remove hair or shave near or over the surgery area. Do not apply lotions, perfumes or powders. Do not wear nail polish or make up the day of surgery. (Ask your doctor about removing artificial nails as some surgeries require this.)
- Brush your teeth the day of surgery. If you have dentures, do not use denture paste as they may need to be removed.
- Wear clean, comfortable clothes that will fit loosely over your surgery area.
- Remove all jewelry, including body-piercing jewelry, before coming to the hospital.

What to Bring

- Bring any crutches, walkers, canes etc. that will be needed after discharge. If you need assistance obtaining these items, please call Sauk Prairie Healthcare at **608-643-3311** and ask for Care Management.
- Bring a case for dentures, eyeglasses, contacts or hearing aids. If you are staying overnight, bring your personal grooming products, such as toothbrush and paste, hair care products and/or razor.
- If you use a CPAP machine and will be staying overnight, please bring the machine and all accessories with you.
- Children may bring their favorite blanket, teddy bear, drinking cup or bottle.

Do not bring any valuables with you, as Sauk Prairie Healthcare will not be responsible for the loss, theft or damage of any valuables, including jewelry.

After Surgery

Your surgeon will speak to family members/ caregivers (or whomever you choose) after surgery. Please work with the Surgery Center staff to make sure they are available and do not miss this important time with the surgeon.

If you have had sedation, please make arrangements for someone to drive you home. You cannot be discharged without a responsible adult. If you choose a taxi or other public transportation you will still need someone to accompany you home.

Pre-surgery Phone Call

The pre-surgery nurse will call you one business day before your surgery to inform you of your arrival time. If you do not receive a call by 2:00 pm, call the pre-surgery nurse at **608-643-7193**.

