



Before Your Surgery

Following these instructions will assist in a smooth admission process.

- Once surgery is scheduled, please register with **One Medical Passport** located on our webpage
- Any prescriptions written by your doctor should be filled prior to your surgery.
- Arrangements must be made for transportation home as well as having a responsible adult stay with you for several days after surgery.

Things to remember for your upcoming surgery

- Wear loose comfortable clothing. Leave all jewelry, money, and other valuables at home.
- Any home medications (in original bottle) the nurse has told you to bring your day of surgery.
- Bring any toiletries you wish to have with you (toothbrush/paste, hairbrush, deodorant).
- If you wear hearing aids, dentures, glasses, or contact lenses please bring them (as well as containers) with you.
- Any braces, immobilizers, walkers, or ice units your doctor has supplied you for surgery.
- Bring your insurance card, any co-pay and a photo ID.
- A ride home. It is very important that your support person is available the morning of your discharge home. They will need to be present to receive your discharge instructions.
- Shower the night before surgery and the morning of surgery. This is in an effort to prevent infection. Use antibacterial soap if you have it, otherwise regular soap is ok. Do not shave or mark the operative area.

Thank you for choosing The Santa Rosa Surgery & Endoscopy Center Extended Stay for your health care needs! Our services focus on providing compassionate and patient centered care. We provide support not only for your preoperative questions and concerns, but help you to understand what to expect during your surgical stay. We understand how stressful it can be having surgery. It is our goal to make your stay with us not only safe and comfortable, but one which gives you the knowledge you need for a successful recovery at home.

Your Procedure is Scheduled:

Date: _____

Time: _____

Your Pre-Operative Education Class is Scheduled:

Date: _____

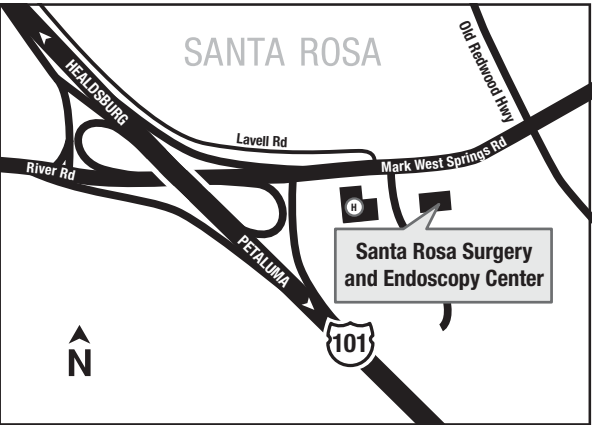
Time: _____

A registered nurse will call you prior to surgery to provide you with instructions for your surgery.



Information About Your Extended Stay

Map to Surgery Center



34 Mark West Springs Rd, Suite 100
Santa Rosa, CA 95403
(707) 541-3500
sutterhealth.org/facilities

15-5000000



Patient Information

What should I expect during my stay?

Before Surgery (Pre-operative)

You will be asked to arrive 1-2 hours prior to your surgery start time. After checking in, you will be brought to a private suite in the preoperative area. A registered nurse will review your surgery consent with you as well as verifying your home medications and health history. We will get your height, weight, and vital signs. An intravenous line (IV) will be started in your arm to give fluids and medications during your surgery. Your family is welcome to sit with you in the pre-op area once you are ready for surgery. You will speak with both your surgeon and your anesthesiologist before your surgery. In some cases, a nerve block will be done to help manage post-operative pain. For your safety, you will be asked many of the same questions by your healthcare team.

Pre-Operative Area



Operating Room

Surgery

Once your preoperative admission is complete and you have seen your doctors, you will be ready to go to the operating room. Your family can wait in the waiting room or may leave the facility (unless you are under 18 years of age) as long as we have been provided a mobile phone number so that we can contact them.

After Surgery (Post Operative)

After surgery you will be taken to a private room where you will remain until you're discharged home. Your nurse will continue to monitor your vital signs and comfort throughout your stay. Once you are awake and ready you will be able to visit with your family. You will begin to drink and eat, gradually increasing to the diet ordered by your surgeon. If you wish, a family member or support person may stay overnight with you. The morning after your surgery your support person must be available to participate in your discharge plan.

Once You're Home

Your surgical recovery continues once you're home. It is important to follow all the instructions that were given to you by your surgeon. Make sure to keep your follow up appointments. This will allow your doctor to check your surgical site and give you specific instructions regarding your continued healing. If instructed, use walking aids (walker, crutches) as instructed for safety. Pain medications can make you dizzy and lightheaded affecting your balance and coordination. Utilize family and friends to help during this time to prevent falls.

Thank you for letting us care for you. Please let us know if there is anything we can do during this time to make your stay more comfortable.

Post-Operative Suite



Did You Know.....

Infection can be prevented. We go to great lengths to maintain sterility during your surgery so that you do not get an infection. When you go home, it is just as important to take steps to prevent infection. Keep your incision and/or dressing clean and dry. Make sure to place a waterproof cover on your ice packs. Follow your doctor's orders for showering. You may have to sponge bathe until your doctor states you may shower. Then, if you have a dressing over your surgical site it will be necessary to wrap it with a waterproof cover to keep it dry.

Pain is managed in many different ways. You will become more comfortable as you recover from surgery. Pace yourself and remember it is normal to have increased pain during physical activity. It is better to take pain medication 1-2 hours before engaging in these activities. Ice also helps reduce pain and inflammation. Place an ice pack wrapped in a light towel on your surgical site as directed by your doctor. Relaxation and distraction exercises like listening to music, watching TV, or visiting with friends can also increase comfort levels.

Constipation can be a problem after surgery. A change in your diet, less activity, and pain medication may make your constipation worse. Drink at least 8 glasses of water a day, eat a healthy diet high in fiber (prunes, bran, beans, fruit, and vegetables), and move around as much as tolerated.