

Getting Ready for Surgery

In preparation for your surgery at Harbor Regional Health, we want to share what you and your support person can expect before, during and after your surgery.

Once your surgery is scheduled, you will be added to our pre-admit nurse's call schedule. They will call you and ask you questions about your health history and medications. It is helpful if you have a written list prepared with all your medications and dosages listed. This call may be done any time before your scheduled surgery.

Due to the need to accommodate emergency surgeries, we cannot call to inform you of the time to arrive for surgery until the day before. If you have not received a call by 3 pm the day before your surgery, please call 360-532-8330 and ask for Day Surgery. If there is no answer or it is after 5:30 pm, please ask for the House Supervisor.

Day Before Surgery

- Follow all pre-op instructions from your surgeon.
- Most patients are asked to not eat or drink after midnight before your surgery. This includes any tobacco products, hard candies or chewing gum.

- Please follow the medication instructions from your surgeon.
- Make a list of all your medications, dosages and how often it is taken.
- Inform you surgeon if you have a cold, infection, fever or illness of any kind.
- Make sure your support person knows the arrival time and their responsibilities. Inform them of the no fragrance rule in the hospital.
- Take a bath or shower and wash your hair prior to coming to the hospital. If instructed, use the Chlorhexadine antiseptic cloths or special soap provided.

Day of Surgery

- If you are taking medication on the day of surgery, take it with a small sip of water.
- Leave all valuables at home including all jewelry and money.
- Bring glasses, contacts or hearing aids with a case to put it in during surgery.
- Dress in loose comfortable clothing.
- Shower and refrain from wearing any scents. This includes but is not limited to: cologne, perfume, lotions or oils.
- Check in at Registration at or before the time given to you by surgery scheduling.
- From Registration, you will be directed to the Day Surgery Department on the 2nd floor.
- A nurse will escort you from there.
- Parents or guardians of pediatric patients must

remain in the hospital during surgical care of their minor children. If you are an appointed legal guardian of the minor, please bring the court papers with you the day of surgery. If you are a foster parent, the case worker should sign the surgical consent.

- Please check your minor children for lice before coming to the hospital. A nurse will also check and if nits and/or lice are found, the surgery will be cancelled.

After Surgery

If you have general anesthesia, you will go to the Post Anesthesia Care Unit or PACU. The length of time in this area will vary by the individual.

If you are going home the same day, you will go back to Day Surgery after PACU. The minimum required time in Day Surgery post-op is 30 min, but this time will vary by the individual's needs. Your support person may rejoin you in Day Surgery. If your support person is waiting outside, Staff will call them 15 min before discharge. You will be taken by wheelchair to their vehicle outside of registration.

If you require pain medication, your surgeon will electronically send this prescription to your pharmacy. Your discharge nurse will inform you of this.

Pre-Surgery Checklist

- ❑ Make a list of your current medications, dosages and instructions. Bring this to your appointment.
- ❑ Find a responsible person to drive you to and from your procedure.
- ❑ Find a responsible person to stay with you for 24 hours after your procedure.
- ❑ Notify surgeon if you do not have a driver or support person.
- ❑ Review all pre-op instructions from your surgeon.
- ❑ If you are taking a blood thinner, ask your surgeon if you should refrain from taking it before surgery. Please do not stop or start any medication without consulting your surgeon.
- ❑ Shower and refrain from using any fragrances, lotions or oils
- ❑ If you have an unexpected health change or illness, call your surgeon's office immediately.
- ❑ Write down any questions you have and bring this to your appointment.
- ❑ Quit smoking. Stop the use of tobacco products as it can cause complications as well as prevent healing. If you need help with this, call 1-800-QUIT-NOW



The staff of Day Surgery includes a team of clinical experts, caring people with backgrounds in critical care, inpatient and outpatient surgery, and other specialized areas of nursing. As a team, their level of competency and sensitivity provides an excellent standard of care and expertise that our patients deserve and appreciate.

Community Hospital

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Aberdeen, WA 98520

Warren Medical Services Building

1006 North H Street
Aberdeen, WA 98520

www.ghcares.org



YOUR SURGICAL RESPONSIBILITIES AND WHAT TO EXPECT.

A General Guide

HRH Harbor
Regional
Health
Community Hospital