



Reminder

Our unit secretary will notify you the day before your surgery as to when you are to arrive at the hospital.

If your surgery is on a Monday, you will be notified on the prior Friday.

The calls are generally made between the hours of 1:00 P.M. and 3:00 P.M..

If you are not at home, a message will be left on your answering machine. If you wish to use an alternative number, let the Pre-Admissions nurse know the day of your interview.

On the rare occasion when you have not been notified, call the hospital at 360-532-8330 and ask for the House Supervisor. Please note that the time given is not when your surgery is scheduled to begin, but rather when you are to arrive to prepare for it. If you are earlier than your appointment time, you may be asked to wait in your car until called.



The staff of Day Surgery includes a team of clinically expert, 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.

Main Hospital Campus

915 Anderson Drive
Aberdeen, WA 98520

Medical Specialties Campus

East Campus
1006 North H Street
Aberdeen, WA 98520



Your Surgical Responsibilities and What to Expect.

A General Guide

What To Expect

On the day of surgery, you will need to arrive at the front entrance of the hospital. A screener will greet you, take your temperature, and ask you questions about Covid-19 symptoms. You will be asked to have a face covering when entering the hospital. If you do not have one, the screener will provide you one and direct you to Registration. After you are registered, someone will accompany you to the Day Surgery area where you will sign in on a card located at the check in desk outside of Day Surgery. A Day Surgery nurse will bring you directly to your bed. During your pre-op phone call, these same instructions will be provided to you. Please be aware that the time you are given for surgery start time is an estimate and we ask for your patience. If you arrive at the hospital more than 15 minutes prior to your stated arrival time or there is a delay in your surgery start time, you may be asked to wait in your car until called. This allows for social distancing in our waiting areas. Please be aware that the time given to you as to when your surgery will start is an estimate, there are many variables involved and we ask for your patience.

A registered nurse will come for you. The hospital is continuing to restrict visitors at this time unless you meet the criteria for a support person. At the time of your pre-op phone call, this will be discussed with you. The nurse will discuss your medical/surgical history that was obtained in Pre-Admissions. The nurse will obtain your vital signs and if ordered, start an IV (intravenous line). The staff will attempt to alleviate any anxiety you may have and give you an idea of what to expect on the day of your procedure. Our staff is aware that their patients will be spending a relatively short time at the hospital and that pre and post-surgery communication and supportive care is extremely important.

Your anesthesiologist will introduce him or herself to you while you are still in the Day Surgery Unit. Our anesthesiologists realize that even the most minor surgery can be stressful physically and mentally. They will guide you through a safe recovery and can help with pain management following the procedure. You will be provided the time that you need to ask questions about your anesthetic care.

Your surgeon will also visit you prior to your procedure. Be prepared to ask him or her any questions or concerns that you may have.

Surgery Preparation

There are many important items and precautions that must be adhered to. Please take note of the following:

- Your surgery may be canceled if you have a fever, cough, shortness of breath, chills, muscle pain, sore throat, loss of taste or smell, or new onset of nausea, vomiting, or diarrhea, or any other illness. If you are tested for Covid-19 and it is a positive result, your surgeon will provide you additional instructions and your surgery will be rescheduled.
- You must have a responsible adult drive you home from the hospital. You must also have a responsible adult remain with you for the next 24 hours. If this cannot be arranged, your surgery may be canceled. If you are in need of Para transit for transportation, you must make those arrangements and have a friend or family member accompany you home. If you are discharged via Dial-A-Ride or a taxi service, you must arrange for a friend or a family member to accompany you. The drivers cannot be held liable for your safety.
- Do not eat or drink after midnight (unless otherwise instructed by your surgeon). Do not chew gum, smoke, or chew tobacco.

From the Operating Room, you will be taken to either the Post Anesthesia Care Unit or directly back to Day Surgery. The amount of time you will remain is dependent on the type of surgery and the anesthetic you receive. The nursing staff will continue to monitor your vital signs and help you with your comfort needs such as with pain medications and/or repositioning. You will also be started on oral fluids.

Prior to discharge from the hospital, your surgeon will call your caregiver or family and provide an update on your surgery. Written and verbal instructions regarding care of yourself at home will be provided to you. Included will be care of your incision, level of activity, possible complications, follow-up appointment, and etc.. Your surgeon may give you a prescription for pain medication which can be filled at your primary pharmacy. If you have concerns regarding pain medication, please address this with your surgeon prior to your surgery as he or she may not be readily available afterwards.

A Day Surgery nurse will call for your ride and wheel you down to the front entrance via wheelchair once discharged. There you will be released to your appointed caregiver.

- Take a bath or shower and wash your hair prior to coming to the hospital. If pertinent to your procedure, use the Chlorhexidine antiseptic cloths (see the directions).
- Take the medications your surgeon has told you to the morning of surgery. Take them with a sip of water. The anesthesiologists also recommend taking your blood pressure medication unless it is a diuretic (water pill). Stomach medications such as Ranitidine and Prilosec are also approved. If you routinely use respiratory inhalers and/or nebulizer treatments, do so the morning of surgery and bring the inhalers with you. Your surgeon will let you know as to when you should stop taking any anticoagulants or NSAIDs (such as Aspirin and Ibuprofen). If you are diabetic, do not take any oral diabetes medication or Insulin the morning of surgery. Your surgeon will let you know the amount of units of your long acting Insulin you should take the evening before (usually ½ of the normal dose). If need be, you may take a prescribed narcotic pain pill with a sip of water the morning of surgery. Please be aware that this type of medication may cause nausea when taken on an empty stomach (your anesthesiologist will be made aware of your having taken this medication).
- Wear comfortable clothing, low heeled shoes and a face covering.
- Do not wear makeup and remove all jewelry. Contact lenses cannot be worn during your procedure. You may be asked to remove your dentures/partials before your surgery begins (we provide denture cups). Please wear your hearing aids to the hospital as it is important to hear all of the information that is given to you.
- Leave all belongings with your appointed caregiver or ride.
- Do not apply any lotions or moisturizers on your skin.
- We are a fragrance free zone. Do not use colognes, perfumes, body sprays, scented deodorants, and etc.. This is an important aspect regarding the care we give to you. Fragrances can cause breathing difficulties for certain patients and hospital personnel. By having patients and visitors adhere to this policy, we will be able to prevent possible problems.
- 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 canceled. This policy is being followed by most of the Operating Rooms throughout the country.