SURGEONS CHOICE
MEDICAL CENTER

Preparing for Surgery

Care without compromise.

Welcome to Surgeons Choice Medical Center

You are the most important member of your health care team and keeping you informed, safe, and comfortable is our greatest responsibility. It is important that you understand each step in the surgical process. The information in this booklet will provide you with valuable knowledge to ensure the best experience for you and your family, and we still encourage you to ask questions along the way. Thank you for choosing Surgeons Choice Medical Center.

Should You Have Any Questions About Preparing for Your Surgery:

Surgeons Choice Medical Center, Southfield

Phone: 248-423-5117
Fax: 248-423-5199

Surgeons Choice Medical Center, Macomb

Phone: 586-751-9800
Fax: 586-751-9818

Preparing for Your Surgery

Assistance: Ask your family, neighbors, or friends if they will be available to help you after your surgery.

Diet: Eat foods that are high in iron and protein as this promotes healing. Limit your intake of fats, oils, and processed foods. If you follow a diet for medical reasons, consult your healthcare provider before changing your diet.

Medications: Ask your healthcare provider when to stop your blood thinning medication prior to your surgery. The medications that need to be stopped prior to surgery would be blood thinners such as Plavix® (clopidogrel), Xarelto® (rivaroxaban), Pradaxa® (dabigatranetexilate), and Coumadin® (warfarin). Also, ask your doctor if you may stop taking aspirin prior to your surgery.

Stop taking nonsteroidal anti-inflammatory drugs (NSAIDs) (aspirin, ibuprofen, Naprosyn®) and Cox-2 inhibitors (Celebrex®). These medications can cause increased bleeding during surgery. Aspirin and ibuprofen are found in many over-the-counter products. You must read all over-the-counter product labels for aspirin and ibuprofen content. Stop taking these medications at least seven days prior to your surgery.

Herbal supplements, teas, and weight loss supplements: Stop taking herbal supplements, teas, or weight loss supplements 14 days prior to your surgery. These include but are not limited to Phentermine (Adipex®), Lorcaserin (Belviq®), Ginkgo biloba (maidenhair), St. John's wort, Garlic, Fish Oil, Vitamin E, Flaxseed oil, or Kava. These herbal supplements, teas, or weight loss supplements can cause increased bleeding during surgery or interfere with anesthesia.

Smoking: Nicotine constricts blood vessels, causing a decrease of blood flow to your tissues resulting in poor health and healing. If you currently smoke, stop today!

Cancelations: Please contact your surgeon's office as soon as possible if there is a conflict with the surgical date, or you need to cancel or reschedule your surgery. Contact your surgeon's office if you develop a cough, cold, flu-like symptoms or a fever 48 hours prior to your surgery.

Preadmission Testing

Prior to your surgery you will be contacted by a nurse to get your medical and surgical history, allergies, and current medication, and doses and frequency of your medications. The nurse will also go over pre-operative instructions with you at this time. It is very important to obtain your information prior to surgery; you must call the hospital as soon as possible if you miss the nurse's call.

Surgery Time and Arrival

- Do not eat or drink anything (including water) after 12 o'clock midnight the night before your surgery.

- Do not shave your surgical site five days prior to your surgical date.

  On the day before your surgery, between 4 pm and 6 pm, a nurse will call you with the time you need to arrive at the hospital. If you are having surgery on Monday, you will be called on the Friday before your surgery.

  It is **essential** that the nurse speaks with you. If you are unavailable at that time our nurse calls you, a message will be left on your voicemail. Please call back to confirm your arrival time to the hospital.

The Day of Surgery

- Please have an adult accompany you to the hospital. This adult must be present for the duration of the surgery, drive you home after surgery, and stay with you for the first 24 hours after surgery. Your surgery will be cancelled if you do not have an adult accompany you to the hospital.

- If you are a minor (younger than 18 years of age), a parent or legal guardian must be present for the duration of the surgery, drive you home after surgery, and stay with you for the first 24 hours after surgery. Your surgery will be cancelled if you do not have a parent or legal guardian accompany you to the hospital.

- Do not eat or drink anything the day of surgery. Eating or drinking the day of surgery increases the chances of a complication called aspiration pneumonia. Aspiration pneumonia is when a person vomits and inhales stomach contents into the lungs. This complication can be very serious and even result in death.

- Take your medication(s) as instructed by the doctor or nurse. You may take your medication(s) with 1 to 2 tablespoons of water.

- If you are a diabetic:

    - Do not take any diabetic medication on the morning of your surgery.

    - If you take insulin: take only 1/2 your normal dose of insulin the night before your surgery. (Example: if your normal dose of insulin is 40 units at night, only take 20 units).

- You may brush your teeth the day of surgery; however, do not swallow any water.

- Do not chew gum or tobacco, eat candy or smoke nicotine or marijuana.

- Shower on the day of your surgery with an antibacterial soap such as Dial®. Be sure to clean the surgical site using a clean laundered

washcloth, dry with a clean laundered towel, and put on clean laundered clothes.

- Do not use makeup, hairspray, powders, lotions, or deodorant.
- Do not wear contact lenses, jewelry or body piercings. Please keep all valuable items at home.
- Wear comfortable, loose clothing. Remember you may need to get your shirt or pants over a bulky dressing and possibly a cast!
- Bring your health insurance card, photo identification, and co-payment if you have one.
- Be aware that children under the age of 12 years are NOT permitted in the surgical area.
- Items to bring to the hospital with you if you will stay overnight:
    - Continuous positive airway pressure (CPAP) machine.
    - Crutches, cane, walker, or personal wheelchair.
    - Brace or sling.
    - Motorized cold therapy unit.

When You Arrive to The Hospital

Check in at the front desk, you will be directed to the registrar to be registered for your surgery. You will be asked to review your personal information. Please carefully read all documents given to you and make sure all information is correct. You will be required to sign hospital forms and consents. The registrar will accompany you to the surgical area.

Once you are taken back to the pre-operative area, you will be asked to fully undress and change into a hospital gown. At that time:

- We will place a cuff on your arm to monitor your blood pressure.
- We will place sticky pads on your chest to monitor your heart rate.
- We will place a clip on your finger to monitor your oxygen level.
- We will insert an IV (intravenous catheter) and obtain any additional laboratory or diagnostic studies.
- A nurse may clip your hair at your surgical site.

You will see your surgeon, an anesthesiologist, and a medical doctor before you go to the operating room. Your surgeon will mark you with a pen to identify the correct site for surgery.
The anesthesiologist will discuss with you the benefits and risks of anesthesia and develop a plan that works best for you.

The operating room nurses will come interview you and ask you questions. Although questions may appear similar, everyone must ask them to ensure your safety.

When it is time to take you to the operating room, your visitors will return to the waiting room.

What to expect in the Operating Room

Your surgical team members include your surgeon, a certified registered nurse anesthetist, and registered nurses. You will be taken to the operating room on a stretcher. This surgical team monitors you throughout your surgery.

About Anesthesia

General Anesthesia - General anesthesia will put you safely to sleep. A tube will be placed in your throat to help you breathe while you are asleep.

Nerve Block/Regional Anesthesia - The area of your body requiring surgery is numbed by injecting medication along a group of nerves to block the pain. You may remain awake or be sedated.

Sedation - Medications keep you deeply relaxed and limit your memory during the procedure.

Local Anesthesia - A small part of your body is numbed for minor surgery.

What to Expect after Surgery

When your surgery is done, your surgeon will speak with your family or friends. You will be moved to the recovery room where you will be closely monitored by the nursing staff.

You may feel mild throat irritation caused by the breathing tube used during general anesthesia. Some patients experience nausea, chills, or dry mouth after surgery.

Once you are awake enough, you may have some ice chips. When it is determined that you are able, you may have something to drink and a small snack.

When you are comfortable and able to tolerate fluids, your IV will be taken out and you may get dressed.

You will be given discharge instructions specific to your procedure

and prescriptions if prescribed by your surgeon. Your driver will be required to sign your discharge papers and a copy of your discharge instructions will be provided to you.
Please be sure to review these instructions after you get home. There is information included in your discharge instructions regarding post-operative complications such as nausea and vomiting, bleeding, and surgical site infections.

For your safety, our staff will escort you by wheelchair to your car.

If your surgery requires you to stay overnight, you will be transferred and admitted to our medical-surgical unit.

What type of pain may I experience?

People who have surgery will experience pain. The goal is for your pain to be at a **tolerable level**. Our nurses will do everything they can to keep you as comfortable as possible after surgery and provide you with instructions and education regarding post-operative pain control.

What are my treatment options for pain relief after surgery?

Continuous Nerve Block Catheter - Plastic catheter inserted near bundle of nerves used to administer medication.

Single Shot Nerve Block - Medication is injected around a specific nerve. The nerve block anesthesia blocks the nerve supply to a certain part of your body, so you cannot feel pain.

Pain Medications - Many different pain medications may be used.

Non-pharmacologic treatments - Rest, ice, elevation, compression, guided imagery, and repositioning.

Billing:

Surgeons Choice Medical Center will bill your insurance carrier for your surgical procedure. Please ensure that our registration staff has all your correct insurance information. Please notify us if your procedure is due to a work related or automobile injury.

You will be responsible for any charges that are not covered by your insurance carrier. If you have questions regarding your bill, please do not hesitate to contact our Billing Department at 877-200-9522.

Thank you for choosing Surgeons Choice Medical Centers for your surgical needs.

It is our pleasure to care for you!

SURGEONS CHOICE™
MEDICAL CENTER

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Southfield, MI 48075
248.423.5100

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Warren, MI 48093
586.751.9800

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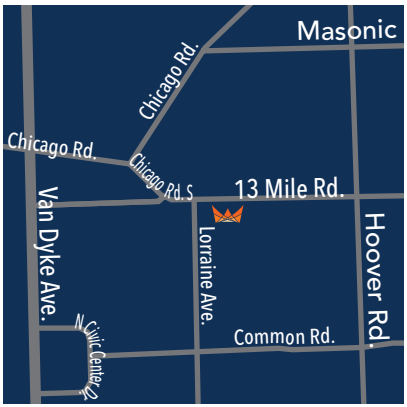

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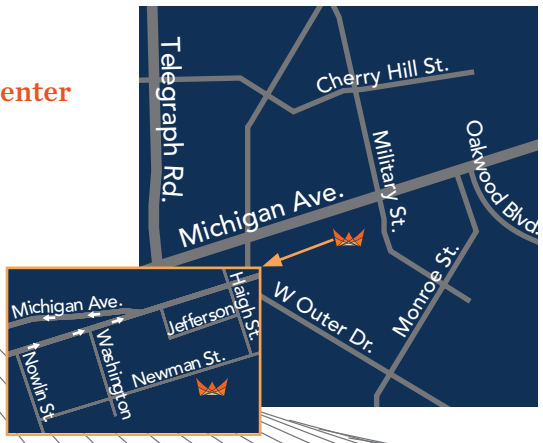

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