

# Preparing For Your Surgery



Information for patients



**NEWTON-WELLESLEY  
HOSPITAL**

**PARTNERS**  
HEALTHCARE

FOUNDED BY BRIGHAM AND WOMEN'S HOSPITAL  
AND MASSACHUSETTS GENERAL HOSPITAL

# Welcome to Newton-Wellesley Hospital

The following information will prepare you for your upcoming surgery including getting ready for your surgery and what to do on the day of your surgery. It is very important that you read this and follow these instructions. If you still have questions about your surgery after reading this guide, please call your surgeon's office.

## Before your surgery:

### *Preparing for your Pre-Operative Testing*

- Pre-Operative Testing is a separate appointment from your visit with your surgeon and is a requirement for any surgical procedure that involves an anesthetic. This will either be a telephone appointment or a visit to the Hospital.
- Please remember to bring the following to your appointment if you are coming to the Hospital or have it close by if you are a telephone screen:
  - **Medication List** including any prescription drugs, over-the-counter medications, vitamins and herbals that you take. Be sure to include the medication name, dosage, frequency and reason for taking the medication.
  - **Physicians List** with phone numbers so we can contact them before or after your surgery, if necessary.
  - **Allergies List** including any food, medication or environmental allergies, such as latex.
  - **Health Care Proxy** information, if you have one, and bring a copy for our records.
  - **Questions** will be asked about your past medical and surgical history. Please remember to inform your surgeon of any recent diagnostic tests, such as EKG, X-rays or blood work.

## *Your Pre-Operative Testing*

- For the telephone pre-admission evaluation, you will be notified regarding the day and time of the appointment when someone from registration, and then a registered nurse, will contact you.
- If you have a telephone evaluation, you will also meet with an anesthesiologist on the day of surgery before your procedure.
- “In-person” appointments take place at the Wikstrom Surgical Center, located on the main Hospital campus. Please note, if your surgery is taking place at the Outpatient Surgery Center in Wellesley, your appointment will still take place at the Surgical Center on the main Hospital campus.
- **Nursing Assessment:** A nurse will review your medications, medical history, take your blood pressure, pulse and temperature, measure your oxygen levels and answer any questions you may have regarding your surgery and what to expect during your stay.
  - The nurse will also discuss who will be taking you home. For your safety, you will not be permitted to drive after anesthesia or sedation. You will also not be permitted to take a cab home alone after your surgery.
- **Anesthesia Evaluation:** An anesthesia nurse practitioner or anesthesiologist will evaluate your medical and surgical history. They will then explain the anesthesia and pain control options available to you. Be sure to tell them about any pain medicines that have worked or not worked for you in the past.
- **Lab Work/X-Rays/EKG:** You may need blood drawn, X-rays or an EKG depending on your procedure or history.

## *Other Preparations:*

- Arrange for an escort home. If you are going home the same day of your surgery, you must have a reliable adult take you home.
- Prepare your home for your return after surgery. Have shopping and laundry done. Prepare some meals ahead of time that you can easily warm up after surgery.
- Plan for car rides, as you may not be able to drive for a while.
- If you have small children, dependant adults or animals that you care for, arrange to have someone help you watch them during the first few days after surgery.

## On the last business day before your surgery:

- If you have a sore throat, cough, fever or flu symptoms, contact your surgeon's office.
- Re-confirm your ride home from the Hospital. Please make sure that this person has flexibility during the day of surgery in case your discharge is earlier or later than expected.

## The evening before your surgery:

- Do not eat any food after midnight. You may drink clear liquids, such as apple juice or cranberry juice, black tea or coffee, up to four hours before your scheduled surgery. Orange juice and cider are not clear liquids. Please do not eat hard candy, mints or gum. If you eat, your surgery may be delayed or cancelled.
- Pediatric patients will be given age specific dietary restrictions.
- Write down the name and contact number of the person taking you home from the Hospital. You will be asked for this information when you arrive. Bring a list of all your medications and dosages, including herbal supplements. You will be asked to confirm your medications in the PreOp area prior to your surgery.
- We are unable to fill your prescription at the Hospital. You will need to take the prescription to your local pharmacy.

## Day of surgery:

- Do not eat any food on the day of your surgery.
- Clear liquids are permitted until four hours prior to the scheduled time of surgery. Clear liquids include: water, apple juice, cranberry juice, black coffee and clear tea. Orange juice, cider, milk or cream, or other "non-clear" liquids are not permitted. If you drink "non-clear" liquids, your surgery may be delayed or cancelled.
- Pediatric patients will receive age specific instructions.

## *Medication:*

- If you have been instructed to take any medication, please take it with a small sip of water.
- You may be instructed to bring your medications to the Hospital.

### ***Getting dressed:***

- Wear loose comfortable clothing.
- Do not wear any jewelry. This includes wedding rings, earrings and any other body piercing. All jewelry must be removed prior to surgery.

### ***Getting ready:***

- Do not bring valuables to the Hospital.
- Bring your glasses and a case for storing them. If you wear contact lenses and do not have glasses to wear on the day of surgery, please bring a case and solution for your lenses.
- Bring your dentures or hearing aids and cases for storing them.
- You may want to bring a book or magazine to read prior to going in for your surgery.
- If appropriate, bring your crutches, walker or cane to the Hospital. Please label these with your name and phone number.
- Please arrive at the Hospital at the time you were instructed by your surgeon's office or the Pre-Admission Testing Department.

### **When you arrive at the Hospital:**

- Go to the East Entrance of the Hospital and park in the Patient/Visitor Garage or use the valet service. Enter the East lobby and check in with the registration desk. Your family will be given a beeper or we will take their cell phone number so the surgeon can contact them after the surgery is complete. Please also take note of the location of the Surgical Liaison desk in the East Lobby. This is where your family member or escort will check in while you are in surgery. The surgical liaisons are a very helpful resource to help keep your family up to date on your progress.
- You will be escorted to the second floor PreOp area where you will be asked to change into a hospital gown and slippers. One or two family members may join you here.
- Before your surgery, you will meet with a nurse and anesthesiologist and they will ask you a series of questions that will help us to care for you that day.
- You will see your surgeon and he will be able to answer any questions you may have about your surgery and what you will need to do once you are home.

## Waiting areas for family and friends:

- Once you have gone into the operating room, your family or escort should check in with the Surgical Liaison in the East lobby. They are available from 9:00 am to 5:30 pm. For any questions or concerns, they can be reached at 617-243-5274 (in house phone ext. 5274).
- Family members are welcome to wait in the Surgical Center lobby, visit the Coffee Shop, Cafeteria or Charlie's on the Way for food and beverages.
- Wi-Fi access is available throughout the Hospital.
- The Chapel is located on the second floor of the building, near the ICU.

## After your Surgery:

- Immediately following your surgery, you will be taken to a Post Anesthesia Care Unit (PACU), or directly to the Day Surgery Unit. A nurse will care for you until the effects of the anesthesia wear off.
- You can expect to have pain after your surgery. We will ask you to rate your pain on a 0-10 scale, with 0 being no pain and 10 being very severe pain. The nurse caring for you will use this scale to give you medication for your pain. Please do not wait for someone to offer medicine. Let your nurses and doctors know right away, if you feel pain.
- You can anticipate being in the recovery room for one to one and a half hours. If you are staying overnight, you will be brought to the appropriate patient care area in the Hospital. If you are going home on the day of surgery, you will go to the Day Surgery area where we will prepare you to go home.

## Leaving the Hospital:

### *Instructions:*

- Your nurse will go over your Home Care Instructions with you and your family or friends before you go home.
- Your surgeon may give you additional instructions.
- You will get a copy of your instructions to take home and a phone number to call if you have questions.

### ***For Your Pain:***

- For pain control, your doctor may send you home with a prescription for pain medication.
- Do not drive or drink alcohol while taking pain medication.
- Changing positions, using pillows or listening to music may help lessen your pain.

### ***Preparation:***

- If you are scheduled to go home the same day that you have surgery, you must have a reliable escort to bring you home.
- Arrange to have someone stay with you for the first 24 hours after surgery. You may need help around the house or with getting your prescription filled. Do not drive for 24 hours after anesthesia.

**We hope this information has been helpful. If you have any questions or concerns, please call your surgeon's office.**

**Thank you for choosing Newton-Wellesley Hospital for your health care needs.**



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# NEWTON-WELLESLEY HOSPITAL

2014 Washington Street  
Newton, Massachusetts 02462

[www.nwh.org](http://www.nwh.org)  
617-243-6000



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