

Surgery Checklist

GENERAL

- ❑ Be sure to discuss your medications with your provider as all aspirin products, supplements, herbal products, blood thinners, and over-the-counter medications need to be stopped seven (7) days before your surgery. **EXCEPTIONS:** Cataract surgery or if your surgeon or primary care provider instructs you differently.
- ❑ Find a responsible adult to drive you home after your surgery and is available to stay with you 12-24 hours following your procedure. You will not be allowed to drive for 24 hours after surgery. **If you do not have someone to drive you home, your procedure will be cancelled.** Your children will need to be cared for at home with a responsible adult. Two (2) support persons may sit with you as you are being prepared for surgery.
- ❑ **DO NOT** smoke on the day of your procedure, and limit smoking the day before your procedure.

NIGHT BEFORE SURGERY

- ❑ If your procedure requires, and you were instructed to, do your preoperative wash. (Not required for all procedures.)
- ❑ Do not eat or drink anything six (6) hours prior to your arrival time. This includes water, gum, mints, coffee, pop, ice chips, cigarettes, e-cigarettes, chewing tobacco, etc. **If you use or ingest any of these, your surgery will be cancelled.**

DAY OF SURGERY

- ❑ If you are on prescription medication, take your pills with a sip of water when you get up the morning of your surgery (see above for exceptions.) If you take medication for diabetes, take as directed by your physician or the Perioperative Nurse Educator. **DO NOT TAKE ANY OF THE MEDICATIONS YOU WERE TOLD TO STOP BEFORE THE SURGERY.**
- ❑ Brush your teeth and rinse with water, but avoid swallowing the water.
- ❑ Do not wear hair spray, makeup, perfumes, false eyelashes, or jewelry (earrings, watches, piercings, and rings). Contact lenses and glasses will need to be removed before surgery; bring your contact case and contact solution/glasses case.
- ❑ Wear loose-fitting, comfortable clothing. You will be required to change into a hospital gown, but there will be lockers available to store your clothing. If you are being admitted to the hospital after your surgery, your clothes will be placed into a plastic bag with your name on it.

WHEN YOU ARRIVE AT THE HOSPITAL

- ❑ Do **NOT** bring valuables. St. Croix Health is not responsible for lost valuables.
- ❑ Check in at the Information Desk at the main entrance of the hospital on State Street. You will be taken to the Surgery Center where you will go to your private room and change into a hospital-provided gown. Your temperature, blood pressure, and pulse will be checked and an IV (intravenous line) will be started.

SURGERY

Two support persons may remain with you during the preoperative preparation period until the time of surgery. They may wait in your room or return to the department as instructed by the charge nurse while you are in surgery. When the surgery has been completed, surgery staff and surgeon will update your support person/s in this room.

You will meet with an anesthetist to discuss the best anesthesia for surgery. Your surgeon will meet with you to answer any questions, and explain and sign consent forms. The nurse who will care for you in the operating room will come in to meet you, and will transport you to the operating room.

AFTER YOUR SURGERY

- You may go to the Post Anesthesia Care Unit (PACU). You will return to your preoperative preparation room if you had cataract, colonoscopy, EGD, varicose vein, D and C, carpal tunnel, or foot surgery/procedures. In either case, you will be observed closely for approximately one (1) hour. The surgeon and nurse will talk with your support person/s. Your surgeon will also see you before being transported to your room, but you likely will not remember this interaction. You will be checked frequently, and served a light meal. The average stay is one (1) to three (3) hours. The nurse will go over your discharge instructions with you and assist in making your follow-up appointment.
- When you leave the Short Stay Surgery Unit, you should expect to feel a little light-headed, or have a mild-upset stomach. If you had general anesthesia, you may also have a scratchy throat for a few days. We recommend that your responsible adult driver take you directly home after surgery.
- If you are going to be admitted to the hospital as a surgery admit or for overnight observation, you will be taken to a private room on the Medical/Surgical floor after leaving the PACU.
- All medications and supplies that you will need to go home and heal are available through the St. Croix Falls Pharmacy located on the first floor of the Clinic Building attached to the hospital. When you are ready to head home, send your support person or a patient representative to the pharmacy with the following:
 - Prescription insurance card
 - Driver's license or government-issued ID card *of the person picking up the medication(s)*
 - Co-payment if required (cash, check and credit cards are accepted)

Pharmacy Hours of Operation:

Monday - Thursday	8:30 a.m. - 6:00 p.m.
Friday	8:30 a.m. - 5:00 p.m.
Saturday	8:30 a.m. - 1:00 p.m.

St. Croix Falls Pharmacy: 715.483.0426

- Call the main hospital number (715.483.3261) and alert them you are a postoperative patient and need to speak to a nurse if you have any questions after being discharged.