



Preparing for Your Surgery

A patient booklet for:

Surgery scheduled on: _____

Thank you for allowing us to care for you and your family.

This booklet provides basic information for surgical patients and their families. Please let us know if you have any other questions. Your health and wellness are our top priorities.



I am having surgery – now what?

Surgery isn't easy. We want to help you have the best possible experience and the best possible outcome. Here are some items to consider as you meet with your surgeon:

- Be engaged in your care! Don't be afraid to ask questions. Find out what you need to do prior to your surgery (appointments with other providers, specific tests, etc.).
- Be sure to mention major medical conditions such as diabetes or a history of a heart attack or stroke.
- Ask about your expected length of recovery and if your surgery will require you to spend the night in the hospital.
- Ask about appointments after your surgery such as follow-ups, physical therapy or wound care.
- Please confirm the best phone number to reach you.
- Tell your surgeon if you need paperwork filled out about missing time from work.
- You may be given exercises to do or other instructions about your activity level prior to surgery.
- Let your surgeon know if you are claustrophobic.
- **Tell your surgeon if you are taking any kind of blood thinners (i.e. aspirin or Plavix) and why.**
- Discuss any transportation issues you may have.

What should I do before my surgery?

It is important that you take the time to prepare for surgery. This will help your procedure, and your recovery, go better.

- Maintain your normal physical activity and complete any exercises that have been assigned by your surgeons or physical therapists.
- Closely follow any special instructions provided by your surgeon or the staff.
- When you schedule your surgery, your provider's office will also schedule a pre-surgical evaluation (PSE) appointment for you.
- Complete your PSE appointment. You may be able to complete this by telephone. **Please call 216-778-4800 if you have questions or need to reschedule your appointment.**
- If you are going home the same day as your surgery, ask a friend or family member to give you a ride before and after your surgery. Our staff will call to verify your ride. If we can't reach the adult who is picking you up, your surgery may be postponed. Also make sure someone can stay with you for the first 24 hours after surgery.
- Schedule your follow-up appointments and/or any other post-surgery care you will need.
- Complete any blood or urine tests that may have been ordered by your surgeon. You can do this at one of our lab locations, and you don't need to make an appointment (see locations on page xx.)

What happens the day before surgery?

A scheduler will call you one business day prior to your surgery (if your surgery is on Monday, you'll get a call on Friday) between 10:30 a.m. and 3 p.m.

If you miss the phone call and it is after 3 p.m., please call 216-957-6367. They will be happy to assist you.

During the call, the scheduler will review important information including:

- The MetroHealth location for your surgery.
- Your type of surgery.
- What time you should arrive.
- What you are permitted to eat and drink prior to surgery.

Our fasting guidelines for adults generally include:

- No solid foods after midnight the night before your surgery.
- Non-alcoholic clear liquids up to 3 hours before surgery (this means any drink you can see through including water, clear carbonated beverages, Jell-O, popsicles, broth and fruit juices **WITHOUT** pulp (apple, cranberry).
- Tea or coffee **WITHOUT** cream.
- Always follow any special instructions that were given to you by your surgeon.

Our fasting guidelines for pediatrics (children under 12) generally include:

- No solid food 8 hours before surgery.
- No non-human milk and formula 6 hours before surgery.
- No human breast milk 4 hours before surgery.
- No clear liquids (see list above) 2 hours before surgery.

**Make sure your ride is able to take you home. Our nursing staff will confirm you have a ride home if you are going home the same day. If we are not able to do this, your surgery may be postponed.



What is anesthesia?

You may receive either general or regional (local) anesthesia depending on the type of surgery you are having and what is best for you.

General Anesthesia – you are totally asleep with no awareness or other sensations.

Common side effects of general anesthesia:

- Sore throat
- Nausea and vomiting
- Exhaustion and sleepiness for several hours
- Other potential risks may be discussed with you in detail on the day of your surgery. If you have questions, please ask.

General Anesthesia is considered to be very safe.

Regional Anesthesia – medication will be injected near nerves with a very small needle to numb the area of your body that requires surgery. Regional anesthesia, also called local anesthesia, includes nerve blocks, epidurals and spinals.

Regional anesthesia is extremely safe with a very low risk of infection, nerve injury or adverse reaction.

Benefits of Regional Anesthesia:

- Wake up faster
- Several hours of pain control, sometimes as long as 12-24 hours of pain relief.
- Better pain control than narcotics (pain pills) alone.
- Less need for narcotics and fewer side effects including nausea.
- Easier breathing from better pain control.
- Easier participation in physical therapy.
- You may go home earlier after surgery.

How is a nerve block performed?

- The area is cleaned. Your provider uses an ultrasound to locate the nerves that would send pain signals.
- A thin needle is used to add numbing medication around these nerves.
- Over the next 10-20 minutes, this area of your body will slowly get numb.
- This medication will last between 12 and 18 hours.
- What is spinal and epidural anesthesia?
- Spinal anesthesia is a procedure that completely numbs the body below the belly or chest.
- It lasts about 3-4 hours.
- Medication is given in your IV so you can relax or fall asleep.
- Spinal anesthesia is done using a small needle in the back after cleaning and numbing the skin.
- The process to place an epidural is like spinal anesthesia, but a small catheter is left in your back to keep providing medicine and pain relief.
- In addition to avoiding the side effects of general anesthesia, spinal anesthesia helps decrease the pain right after surgery.



What should I expect on the day of surgery?

- Surgeries sometimes take more or less time than expected. Your surgery may start earlier or later than originally scheduled.
- Please follow your customized instructions about what you are allowed to eat and drink, as well as any nutrition supplements you were asked to take.
- Please arrive 90 minutes prior to your scheduled surgery time.
- Bring only essential items such as your photo ID and insurance card. Our staff will secure your belongings while you are in the operating room. If possible, don't wear anything metal including body jewelry, piercings, rings and necklaces. We will ask you to remove them.
- Bring a list of your current medications. Also, write down when you last took the medication. Our staff will review this with you.

Please check in at the reception desk at the appropriate location.

Main Campus Medical Center 2500 MetroHealth Drive Cleveland, Ohio 44109	Main Campus surgical waiting area is located on the 1st floor above the Emergency Department.
Brecksville Health and Surgery Center 9200 Treeworth Blvd. Brecksville, OH 44141	Brecksville Health and Surgery Center's reception area is at the south end of the building (the opposite end from the emergency room).
Parma Medical Center 12301 Snow Road Parma, Ohio 44130	Parma Medical Center's surgery reception area is located at the west end of the building.
West 150th Health and Surgery Center 4330 West 150th Street Cleveland, Ohio 44135	West 150th Health and Surgery Center reception is located near the main entrance.



Prepare for Surgery

- Our staff will help you prepare by providing a clean and fresh hospital gown for you to change into.
- You may be connected to an IV.
- Tests may be performed including the collection of blood or urine.
- We may supply medicated wipes to clean your surgical site.
- Some procedures require a nasa consent.
- A surgeon will mark the site of your surgery.
- Our anesthesia providers will speak with you about your anesthesia experience.
- You will meet with your operation room team.
- If you have any questions, please ask! We are here to help.
- Your family will be allowed to visit with you for a few moments before you go to the operating room.



How does the operating room work?

- You may receive a medication to help you relax or you may receive your regional anesthesia in the pre-op area prior to going to the operating room.
- Your anesthesia provider and your nursing team will take you to the operating room.
- The operating rooms are cool and have bright lights.
- You will be asked to move to the operating room table with the assistance of your surgical team.
- You will be given anesthesia to help you relax as you drift off to sleep.
- We will keep your family informed during your surgery.

What is the Post Anesthesia Care Unit (PACU)?

- After surgery, you will be taken to the PACU.
- Our nursing staff will monitor you as you wake up.
- They will be able to give you medications to help ease any pain, discomfort or nausea/vomiting.
- The anesthesia team will decide when you can leave the PACU and go home. This is based on how you wake up and recover from anesthesia.
- You may feel tired and groggy for the rest of the day, plan to go home and sleep.
- You may also have pain after your procedure.
- You will receive an after-visit summary and specific discharge instructions covering the following topics:
 - What to expect when you go home and during your path to recovery.
 - Type of anesthesia you received.
 - Possible side effects.
 - How you may feel the rest of the day.
 - When to resume your medicines and home care instructions.
 - What to watch for and when to call your doctor about:
 - Surgical site infections.
 - How much bleeding (if any) to expect from your incision.
 - Pain control.
 - How to avoid nausea and vomiting.



Canceling or postponing your surgery

If you get a cold, are not feeling well or become pregnant, please contact us as soon as possible.

If you call during normal business hours (Monday through Friday, 8 a.m. to 4 p.m.) contact the surgeon's office directly at _____.

If it's after hours or the weekend, call 216-957-6367.

Thank you for trusting us with your surgical care.

Our goal is to improve and maintain your health. We encourage you to always ask questions if there is something you don't understand. Our providers will always take the time to address your concerns, treat you with respect and make you as comfortable as possible. If you receive a survey, we would be grateful if you could provide feedback about how we can do better. Thank you.



