



Before Surgery Checklist

General Information:

Advanced Health Care Directive (Advance Directive, Living Will): It is good time to complete an Advance Health Care Directive if you do not have one. The form will help explain your health care wishes to your doctor and others. **Advance Directive** is a written document, which communicates your health care wishes clearly. There are two types of advance directive documents:

1. **A Durable Power of Attorney for Health Care:** allows you to designate another person (known as a proxy agent) who is at least 18 years of age to make medical decisions for you in the event you are unable to do so. These decisions may include, but are not limited to, the withholding or withdraw of life prolonging procedures.
2. **A Living Will or Health Care Directive:** Allows you to state in advance your wishes regarding the use of certain medical procedures and treatments and becomes effective when you are unable to make your own decisions and can no longer communicate such decisions. It serves as a guide to your family of the person you name as your agent.

It is the policy of CSC to advise you, the patient, in writing, prior to surgery/procedure that if you have an advance directive that contains a "DO NOT RESUSCITATE" (DNR) clause, CSC does not honor DNR's. However, should the need for resuscitation arise, full efforts will be made to resuscitate until paramedics arrive. The patient's Advance Directive will be given to the paramedics and the treating facility/hospital where the patient is taken.

Assistance: Ask your spouse, children, relatives, friends, or others if they can help you for a few weeks after returning home from surgery.

Medical Appointment: You may be asked to see your primary care doctor before surgery. Specific testing may be needed including but not limited to:

- EKG (electrocardiogram)
- Lab work (CMP, CBC, PT, PTT, INR)
- X-rays
- MRI
- Urinalysis
- MRSA swab
- Obtain prior records i.e. EKG's, pulmonary function tests, etc.

Smoking: Smoking is known to cause breathing problems. It can lessen healing after surgery. It is advised that you decrease smoking or seek methods to stop. Your doctor can offer ideas to do so.

Medications: Any changes to your medications should only be made with as directed by your surgeon and/or primary care doctor. Medications that are often stopped prior to surgery include:

- Aspirin
- Non-steroidal anti-inflammatory medicines (like Motrin, Aleve, etc.)
- Some vitamins
- Fish oils
- Herbal supplemental (such as ginseng, ginkgo, biloba, garlic pills, etc.)
- Herbal teas
- Fortified cereals that contain vitamin E
- Pain medications that contain aspirin
- Blood-thinning medications (i.e. Coumadin or Plavix)

***Asthmatic, hypertension, and heart medications (other than blood thinning medications) are okay to take normally as directed by your PCP. Sips of water are okay.**

Transportation: Secure a ride to and from the facility. You are NOT allowed to drive yourself home or take public transportation from the facility. Assure that the passenger seat reclines and can fully move backward.

Translator: Secure a translator if needed prior to the surgery date. The facility is not staffed with translators.



One Day/Night Before Surgery:

DO NOT do any of the following the day/night prior to surgery:

- Do NOT eat or drink anything after the time you were instructed. Ice chips, gum, or mints are NOT allowed.
- Do NOT bring valuables such as jewelry
- Do NOT bring your own medicines unless told otherwise
- DO NOT use lotions or powder

Please **DO** the following:

- Bring a photo ID, insurance card, and method of payment if necessary (i.e. credit card, cash, check)
- Bring a current list of your medications and supplements. Note which ones have been stopped and when
- Wear newly washed loose, comfortable clothing such as loose pajamas, loose shorts, jogging suit, sweats, tops, etc.
- Bring a copy of your Advance Directive
- Bring someone to drive you home following surgery
- Call your surgeon's office right away if you think you may have an infection of any kind (i.e. bladder, skin, tooth, etc.)
- Prepare freshly laundered linens for your return home. It is important to sleep on fresh linen to help prevent post-operative infections

Day of Surgery:

Arriving at the Facility: Do not wear any make up or jewelry (a wedding band is usually acceptable). Remove fingernail and toe nail polish. You may brush your teeth. Arrive at the facility on time. You will be asked to complete any needed forms.

Paperwork: The facility will require you to complete pre-operative paperwork prior to each procedure. Ensure that you are equipped to complete the paperwork including reading glasses, or have someone that can assist you.

Pre Surgery: You will be taken to the pre-op area where nurses will prepare you for surgery. You will be asked to put on a surgery gown and go to the bathroom. You will have an IV started in your vein. You will discuss anesthesia with an anesthesiologist. You may be given medicine to relax. You will be taken to the operating room for your surgery when ready. Anesthesia will be given to you.

Post Surgery: After your surgery is completed, you will be taken to the recovery area for up to several hours. Nurses will watch you closely until you are stable. Your surgeon will talk with your family after surgery has ended.