

AT HOME INSTRUCTION

Ensure you keep your post-operative appointment.

You may remove your bandages the day after surgery. **If you have white strips or tape over your incision, keep those in place.** They are called **steri strips** and will come off on their own.

You may shower the day following surgery but **do not take a tub bath** if your incisions will be submerged. Ensure that you are up **walking, taking deep breaths, and coughing** every couple of hours.

For constipation, you may try **Milk of Magnesia** as directed on the bottle.

For pain control, you may take **Tylenol** or **Ibuprofen** as needed.

Call our office at **662.844.5344** if you have any questions



SURGERY ASSOCIATES
A TRADITION OF CARING



MORE INFORMATION

 surgeryassociatespa.com

 662.844.5344

 440 Pegram Drive
Tupelo, MS 38801



 **SURGERY ASSOCIATES**
A TRADITION OF CARING

PREPARING FOR SURGERY

Experience **expert care** from prep to recovery for a **smoother healing process.**

Important Appointments

Pre Admission Testing:

Date: _____ **Time:** _____

Located at Longtown Medical Park
4381 South Eason Blvd, Tupelo, MS

Hold: _____

For: _____

Days Starting on: _____

Date Of Surgery:

will be called the day before with arrival time

**Main Unit at the outpatient desk
on the ground floor:**

Post Operative Appointment:

Date: _____ **Time:** _____

Located at Surgery Associates

Before Surgery Instructions

You will be called by Surgery Scheduling to be given an arrival time. This is the time you should arrive to the hospital and not the time of your surgery. If you have not been notified by 3:00 P.M. the day before your surgery (or 3:00 P.M. on Friday before Monday surgery); call Surgery Scheduling (662.377.4380) at 3:00 P.M. Surgery starting time may change due to emergencies and/or other delays.

**Do not eat, drink, eat candy, or chew gum after midnight the evening before your surgery.*

**Do not smoke or use tobacco products for 24 hours prior to surgery.*

The anesthesia personnel will provide instructions regarding medications to be taken the morning of surgery with a sip of water.

Please bring all your home medications to the hospital with you on the day of surgery.

Do not bring valuables (rings, watches, money, etc.) to the hospital.

Do not wear cosmetics or nail polish on the day of your surgery.

It is advisable to remove artificial hair (wigs, weaves, etc.) or nails before surgery.

If you become ill the day or evening prior to your scheduled surgery, contact your physician.

A parent/legal guardian must accompany any child scheduled who is under 18 years of age in order to provide permission for the surgery. Patients going home the day of the surgery should make transportation and caretaker arrangements before the day of scheduled surgery. You will not be able to stay alone for 24 hours after you are discharged from Short Stay Surgery.

After Surgery Instructions

After your surgery, you will be taken to the Recovery Room (Post Anesthesia Care Unit). This is a special area where you will stay until the effect of the general or regional anesthesia begins to wear off and vitals signs are stable.

If you have had general or spinal anesthesia, the nurses in the Recovery Room will monitor your vital signs, and check your bandage. You will have an IV and will be monitored by an EKG machine. You may also have an oxygen mask on your face. These procedures are routine. When you are awake, you will be taken to the Short Stay Unit or to your hospital room.

The time you spend in the Pre-Anesthesia Unit or Recovery Room will vary at the discretion of your surgeon and/or the anesthesiologist.

For your safety, side rails will be kept up on your stretcher/bed. Do not try to get out of bed by yourself. Ask your nurse for any pain medication that you need.

If you are a Short Stay patient, you will be offered liquids in the Short Stay Unit prior to your discharge. Also, you will be assisted in dressing.

Post-operative instructions will be given to you by your Short Stay nurse prior to discharge.

Your surgeon and/or anesthesiologist will discharge you from the Short Stay Unit. You will be transported via wheelchair to the Discharge area. Your family member or friend may then pick you up at the Discharge area.