

Getting Ready for Surgery at Sanford Health

Thank you for choosing Sanford Health for your surgical care. This guide will help you to have a successful surgery experience.



Enhanced Recovery after Surgery

ERAS means Enhanced Recovery after Surgery. This is a program developed to improve patient outcomes with surgery. Following these tips will lead to a faster recovery and getting back to what you want to do sooner.

Before surgery

- Be active (walk at least 30 minutes per day for 5 days before surgery, if able).
- If you are a smoker, now is the time to quit. Talk to your doctor if using nicotine replacement therapy is right for you.
- Know the importance of handwashing and how to protect yourself from infection.
- You will receive phone calls before surgery to help you get ready.

The morning of surgery

- Drink the clear (non-protein) beverage if directed by your surgery team. The drink tastes best if it is chilled. (This is not required for all surgeries.)

Right after surgery

- Soon after surgery you will get out of bed with help. Being active is the most important thing you can do to get better.
- While in bed, move your feet and legs often to help prevent blood clots from forming.

At home

- Be as active as your doctor advises.
- Someone will call to check on you after your discharge.
- Call your doctor if you have any concerns including fever, problems passing urine or stool.

Enhanced Recovery after Surgery

Following these guidelines for recovery will help with:

- Breathing
- Blood flow
- Return of bowel function
- Pain
- Overall wellbeing

Items marked in blue are part of ERAS.

Getting Ready for Surgery

Phone calls or clinic visit

- 2 to 3 days before your surgery a nurse will call you or you may visit a nurse in a clinic. They will ask you questions about your medicines and health to make sure you can safely have anesthesia.
- 1 business day before your scheduled surgery, you will get a call telling you what time to come in on the day of your surgery.
- A nurse in the clinic or preoperative area will give you the information for the questions below. Use this worksheet to write down what you need to know

Questions about My Surgery

What day is my surgery?	Who is my surgeon?
What surgery am I having?	
What time should I arrive? (this may be called to you)	
Where am I having surgery?	
Where should I park?	What door should I use?

Follow these steps and the checklist on the next page to be prepared for surgery:

Getting Ready Safely

What medicines should I take in the morning with a sip of water?	
When do I stop eating, drinking, using tobacco, sucking on hard candy, or chewing gum? (this may be called to you)	
<input type="checkbox"/> Eating food, candy, or gum Stop date: _____ Stop time: _____	<input type="checkbox"/> No tobacco products 24 hours before surgery.
<input type="checkbox"/> Drinking clear liquids Stop date: _____ Stop time: _____	<input type="checkbox"/> You may be told to take a special drink before surgery at this time: _____
How will my medications be reviewed? (check one)	<input type="checkbox"/> Bring all medications in their bottles <input type="checkbox"/> Bring a list of your medicines
Should I bring any medical equipment that I use at home? (check all that apply)	<input type="checkbox"/> CPAP machine <input type="checkbox"/> CPAP tubing <input type="checkbox"/> Know CPAP settings _____ <input type="checkbox"/> Cane or walker <input type="checkbox"/> Other _____

Before Surgery

Following these steps can help you have a safe surgery and a successful recovery.

Failure to follow these steps may mean rescheduling your surgery to another day.

- See your doctor for an exam before surgery as recommended by your surgeon. Ask about when to take or stop taking these medicines. Write any instructions below.
 - **Blood thinners:** _____
 - **NSAIDs** (such as Advil or Aleve) or aspirin: _____
 - **Weight Loss** medications (such as Phentermine): _____
 - **Herbal** medicines or supplements: _____
 - **Diabetic** medicine changes: _____
 - **Blood pressure** medicine changes: _____
 - **Viagra, Cialis, or Levitra** changes: _____
- Tell your doctor if you drink alcohol most days.
- Arrange a ride home from the hospital or surgery center as directed.
- Ask someone to stay with you for 24 hours or more after you are discharged.
- Eat nutritious foods including proteins, whole grains, and colorful fruits and vegetables.
- Walk 5 times a week for 30 minutes (if able) to gain strength.
- Be sure to have adequate rest and sleep in the weeks before surgery.
- Do **not** drink energy drinks 24 hours before surgery.

The Day Before Surgery

- Stop drinking alcohol. No liquor, beer, or wine for 1 day before surgery.
- Shower before bed using soap. Your surgeon may tell you to use special soap. Do **not** use any deodorant, nail polish, makeup (especially eye makeup), lotions, powders, perfumes, or shave area of surgery.
- Stop all tobacco products for 24 hours before surgery.

The Morning of Surgery

- Follow instructions about eating and drinking. Do **not** chew gum or suck on hard candy.
- Remove all jewelry including wedding rings and all piercings. Use plastic inserts as needed.
- Shower again using soap. Your surgeon may tell you to use special soap. Do **not** use any deodorant, nail polish, makeup, lotions, powders, perfumes, or shave area of surgery.
- Brush your teeth and/or use mouthwash.
- Take only your prescription medicines, as directed.
 - Do **not** take those that you have been asked to stop.
- Leave any valuables, such as jewelry and watches, at home.
- Wear clean, loose, comfortable clothing.
- For women: If you have your period, wear a pad instead of a tampon.

What to Expect the Day of Surgery

Admitting

- You will need to remove contact lenses.
- A nurse will bring you into the admitting area.
- You will be asked to change into a hospital gown.
- A nurse will look at your health record with you.
- You will visit with an anesthesia provider, your surgeon, and other staff that may help with your care.
- A support person of your choice may be with you. This person will need to care for your personal valuables during your surgery.
- This takes about **45 minutes to 1 ½ hours**.

If your surgery needs to be re-scheduled, speak with your doctor about restarting your medications.

Surgery

- When the admitting process is done and the surgery before yours is completed, you will be moved to the operating room.
- You will be connected to equipment that will monitor you during the surgery.
- An anesthesia team and operating room nurses will care for you during surgery.
- The amount of **time for the surgery** depends on the type of surgery and your needs.

Recovery

- As you wake up in the recovery room (depending on the surgery, you may skip this step), you will be monitored by nursing staff. You will be in the recovery room **about 1 hour**. This may be longer based on the type of surgery and your needs.
- You may have oxygen, an IV, or a bladder catheter.
- When you are ready, you will be moved to the discharge area or taken up to your room if you are staying in the hospital.

Discharge

- Your time in the discharge area depends on:
 - How long it takes for the anesthesia medications to wear off and how fast you wake up.
 - How well your post-surgery symptoms are controlled.
 - If you need other cares, equipment, or procedures.
 - How well you are tolerating a snack
- Managing your pain at a level that is comfortable for you may include medicine and non-medicine methods. It may not be possible to stop your pain fully. Talk to your doctor about what to expect.
- The discharge process takes about **45 minutes to 1 ½ hours**, but may change based on your needs.

Arrange a ride home from the hospital or surgery center as directed. Your surgery may be rescheduled if you do not have an adult to bring you home.

24 hours or more after surgery – for your safety

- Ask someone to stay with you after you leave the hospital or surgery center.
- Do not use sleeping pills or drink alcoholic beverages.
- Do not make any important decisions or sign important papers.
- Do not drive a motor vehicle, operate machinery, or use power tools.

