

Day Surgery Guide

Thank you for choosing Concord Hospital Day Surgery Center (DSC). This guide helps you understand and become comfortable with the procedures leading up to and following your day surgery.

Scheduling Surgery and Pre-surgery Appointments

Your surgeon's office helps schedule your surgical procedure. At the same time, office staff schedules a 30-minute pre-surgery telephone interview with a registered nurse or a one- to two-hour pre-surgery visit with Concord Hospital's Pre-Surgical Testing Center.

Prior to Your Pre-surgical Visit or Pre-surgical Telephone Interview:

- ⊙ Read all printed materials in the folder given to you by your surgeon's office staff.
- ⊙ Write down any questions.
- ⊙ Complete the Medication/Allergy list included in this folder **prior** to your pre-surgical visit or your pre-surgical telephone interview.
- ⊙ Please ask your primary care provider's office to send copies of your most recent medical history and physical exam results, as well as any recent diagnostic tests, such as a cardiac stress test, to the Pre-Surgical Testing Center. Your surgeon's office staff helps you with this.
- ⊙ **Once your surgery is scheduled, please arrange for someone to be available to bring you home on the day of your surgery.** Your surgeon gives you an estimate of the length of your Hospital stay so that you can prepare for your discharge. You must have a responsible adult drive you home and stay with you until the following morning. If these arrangements are not made, your surgery may be cancelled. If you need assistance, please call the Hospital to Home Coordinator at 227-7000 or 1(800)553-3866, ext. 3931.

Pre-surgical Telephone Interview

If you are scheduled for a pre-surgical telephone interview with a registered nurse, please confirm the interview time with your surgeon's office. A telephone interview may eliminate the need for you to visit the Hospital prior to your surgery.

- ⊙ The telephone interview is scheduled for **30 minutes** with a registered nurse; please set this time aside, **without interruptions.**
- ⊙ The nurse asks you about your health history and provides information about the pre- and post-operative periods of your surgery.
- ⊙ Please have a list of all medications that you take, including times and dosages for each. This list should include all prescription, nonprescription, and herbal medications. You may use the Medication/Allergy list enclosed in this folder.
- ⊙ Have a pen and paper available to write down any instructions or other information.
- ⊙ Ask any questions or express any concerns.

PERSONAL ITEMS

Leave your valuables at home.

DO NOT WEAR makeup, nail polish, hairspray, gels, perfumes, after-shave, lotions, or deodorant. All jewelry including wedding bands and pierced jewelry must be removed. If you have body piercings that cannot be removed, please notify your healthcare provider. If you wear contact lenses or glasses, please bring a case for them. If you wear a hearing aid, please bring it with you so that you can hear instructions.





Please complete the **Medication/Allergy List** included in this folder prior to your Pre-surgical Visit.

Pre-surgical Visit

- ⊙ The pre-surgical visit may take **one to two hours**.
- ⊙ When arriving at Concord Hospital, please park in Lot A, enter through the Main Entrance, and proceed to the Pre-Surgical Testing Center on Floor 2. (Take elevator A to Floor 2 and follow signs to the Pre-Surgical Testing Center.)
- ⊙ A nurse asks you about your health history and provides information about the pre- and post-operative periods of your surgery, and gives you instructions about the care you will require once you return home.
- ⊙ Your surgeon or anesthesiologist may order specific tests such as blood tests, X-rays, and/or an electrocardiogram (ECG or EKG).
- ⊙ Please bring a list of all medications that you take, including times and dosages for each. This list should include all prescription, non-prescription, and herbal medications. You may use the Medication/Allergy list enclosed in this folder.
- ⊙ Please bring a copy of your Living Will, Durable Power of Attorney for Healthcare (DPOAH), and/or guardian papers if applicable.
- ⊙ Please bring a list of your questions and concerns.

THE EVENING BEFORE SURGERY

- ⊙ Notify your surgeon of any change in your physical condition, such as a bad cold or sore throat.
- ⊙ Follow instructions on the information sheet given to you at your Pre-surgical Visit or as explained during your telephone interview.
- ⊙ Follow instructions regarding not eating and drinking prior to surgery. **Your surgery may be cancelled if you eat or drink items such as water, coffee, tea, ice chips, hard candy, gum, chewing tobacco, or solid food. Exceptions may be any medications that you have been instructed to take; these medications should be taken with a sip of water.**
- ⊙ Do not hesitate to call your surgeon with any questions.
- ⊙ Try to get a good night's sleep.

THE MORNING OF SURGERY

- ⊙ Please bring as few personal items as possible to the Hospital. Leave valuables at home as Concord Hospital cannot be held responsible for lost or stolen items.
- ⊙ Wear comfortable clothing.

Family members and friends can wait for you in the Day Surgery Center (DSC) waiting room.





- ⊙ Please park in Lot A, enter the Hospital through the Main Entrance and take Elevator B to the Day Surgery Center (DSC) on Floor 2.
- ⊙ Check-in at the DSC registration desk.
- ⊙ A Registered Nurse in the DSC reviews your pre-admission papers and answers your questions. The nurse also helps you prepare for surgery. The nurse places an identification bracelet on your wrist and verifies your name, birth date, and allergies. If necessary, blood work is obtained. While at Concord Hospital, if you choose to mark the location of your surgical site (with an appropriate marker), you may do so with your surgeon.
- ⊙ Before surgery you may be asked to remove dentures, partial plates, bridges, hearing aids, and contact lenses.
- ⊙ You receive intravenous fluids prior to surgery.
- ⊙ You may receive pre-operative medication at this time.
- ⊙ You are asked to provide the name and contact information of a family member or friend who the surgeon can talk with after your surgery.
- ⊙ You meet with your surgeon prior to surgery and they will mark the surgical site, if applicable.

IN THE OPERATING ROOM

- ⊙ A registered nurse checks your identification bracelet, date of birth and reviews your chart before surgery. The Operating Room staff wears surgical clothes, masks, hats and eye protection. The Operating Room is cool, but warm blankets are available for your comfort.
- ⊙ A member of the Anesthesia Department meets you before your surgery and reviews how anesthesia is administered. An anesthesiologist monitors your care during surgery.
- ⊙ You are asked what type of surgery is scheduled and your nurse verifies the surgical site has been marked, if applicable.

ADVANCE DIRECTIVES: Living Wills and Durable Powers of Attorney for Health Care

In New Hampshire you have the right to let others know your wishes – in advance – regarding medical care through a Living Will and a Durable Power of Attorney for Health Care. You have the right to accept or refuse medical care. A federal law known as the Patient Self-Determination Act requires that upon admission to the hospital you be asked if you have a Living Will and/or Durable Power of Attorney for Health Care. If you have one or both documents, please provide Concord Hospital and your primary care physician with a copy so that we will have them on file and can respect your wishes. If you have not already completed one or both, the law requires the hospital to provide you with information. However, you are not required to complete them. It is best to complete these forms and have them notarized before coming to the hospital. For more information, please call the Office of Patient and Family Services at 225-2711, ext. 3013.





IN THE POST-ANESTHESIA CARE UNIT (PACU or Recovery Room)

- Registered nurses in the PACU monitor your blood pressure, heart rate and breathing, fluid intake, and urine output. They frequently check any dressings or bandages. They encourage you to take deep breaths and cough to expand your lungs to prevent congestion, and help you periodically turn from side to side and move your legs to aid circulation.
- Registered nurses frequently ask you to rate your pain on a scale of zero to 10 and will give you pain medication for your comfort as needed.
- If you feel any discomfort or nausea, tell a registered nurse so that you can be given the appropriate medication.
- Every effort is made to allow one family member to visit you while you are in the PACU. Your PACU nurse decides on the timing of this visit, and base their decision on your readiness, and other conditions within the unit.

Please inform your family that you may be in the Day Surgery PACU for one to three hours, depending on your procedure.

AFTER SURGERY

- Do not make critical decisions for the first 24 hours after surgery.
- Do not drink alcohol or use nonprescription medications for 24 hours following surgery.
- Medications you receive and/or your surgical procedure may put you at risk to fall. Please take appropriate precautions.
- Do not drive a motor vehicle or operate dangerous appliances for 24 hours following surgery.
- Start your diet with clear liquids. Avoid eating a large meal until the day after surgery.
- Know how to contact your doctor should unusual symptoms arise.
- Your surgeon and the Day Surgery Center (DSC) staff give you additional written instructions, specific to your surgery, for post-surgery care. Please do not hesitate to call your surgeon if you have questions when you return home.
- Ask your nurse or surgeon if you need to purchase a prescription on the way home.

Again, thank you for choosing **Concord Hospital's Day Surgery Center** for your procedure. If you still have questions, please call the Day Surgery Center at (603) 227-7000 or visit www.concordhospital.org.

SMOKING POLICY

We are proud to be a smoke-free healthcare facility and campus. If you require assistance complying with this policy, please consult your physician or anyone on our staff.

LATEX POLICY

Concord Hospital does not allow latex balloons inside the Hospital. The Hospital has asked local florists and retailers to help educate their customers on our safety policy, which is meant to reduce risks to people with latex allergies.



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 TDD/TTY: 228-7135 TDD/TTY toll-free: 1(888) 883-4408