

# Inpatient Surgery Guide

*When your surgery date is scheduled by your surgeon's office, you are also scheduled for either a 30-minute telephone interview with a registered nurse or a one- to two-hour pre-surgery visit at Concord Hospital's Pre-Surgical Testing Center.*

## **Prior to Your Pre-surgical Visit or Pre-surgical Telephone Interview**

- ⊙ Read all printed materials in this folder.
- ⊙ Write down your questions.
- ⊙ Complete the Medication/Allergy list included in this folder **prior** to your pre-surgical visit or your telephone interview.
- ⊙ Please ask your primary care physician's office to send copies of your most recent medical history and physical exam as well as any diagnostic tests that were recently completed, 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 (between 9-10 a.m.) on the day that you are discharged.** Your surgeon may give you an estimated length of your Hospital stay so that you and your family can prepare for discharge.

## **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**.
- ⊙ A 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 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.

## **SMOKING POLICY**

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

## **LATEX POLICY**

Concord Hospital does not allow latex balloons inside our facility. We have 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.





## Pre-surgical Visit

- ⦿ The pre-surgical visit may take **one to two hours**.
- ⦿ When arriving at Concord Hospital, park in Lot A or B and enter through the Main Entrance. Proceed to elevators A on the right and proceed to the Pre-Surgical Testing Center on Floor 2. When you exit the elevator, turn left and then bear right. The Pre-Surgical Testing Center is located in suite 2794.
- ⦿ A nurse asks you about your health history and provides information regarding the pre- and post-operative periods of your surgery.
- ⦿ Please bring 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. You are asked when you received your last Pneumovax and flu vaccine. You may obtain these dates from your primary care physician's office.
- ⦿ You may see an anesthesia provider at the time of your pre-surgical appointment. If you do not see an anesthesia provider during your visit, you will see one on the day of surgery.
- ⦿ Your surgeon or anesthesiologist may order specific tests such as blood tests, X-rays; and/or electrocardiogram (ECG or EKG).
- ⦿ Please bring a copy of your Living Will, Durable Power of Attorney for Health Care (DPOAH), and/or guardian papers if applicable.
- ⦿ Please bring a list of your questions and concerns.

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

## THE EVENING BEFORE YOUR SURGERY

- ⦿ Notify your surgeon of any change in your physical condition, such as a bad cold or sore throat.
- ⦿ Follow the instructions on the information sheet provided at the Pre-surgical Visit or as explained during your telephone interview.
- ⦿ Follow instructions regarding not eating and drinking prior to surgery. When instructed not to eat or drink prior to surgery this includes water, coffee, tea, ice chips, hard candy, gum, chewing tobacco, and solid food. **If you eat or drink when you are not supposed to, your surgery may be cancelled. Exceptions may be any medications that you have been instructed to take; these 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.

There is a waiting area next to the operating room where family members/friends may wait during your surgery.



## 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. We suggest a bathrobe, comfortable slippers, reading/writing material, and essential toiletry articles. You may want to ask a family member or friend to bring a change of clothing for you to wear when you are not in a bed or for the trip home.
- ⦿ **Please park in Lot A or B, enter the Hospital through the Main Entrance. The Visitor Information desk is on your left. You may ask for directions for surgical registration there. After registering you are escorted to the Admitting Unit (AMU), where you are prepared for surgery. This is not the same room you are in after surgery.**
- ⦿ A registered nurse in the AMU reviews your admission papers and answers your questions. A registered nurse or licensed nursing assistant (LNA) may perform a presurgical wash and/or shave; place an ID bracelet on your wrist; verify name, birth date, and allergies. If necessary, blood work is obtained. You may also be asked to mark your surgical site using a marker provided by the Hospital.
- ⦿ 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.

## 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 your 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 is marked, if applicable.

## 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. Registered nurses encourage you to take deep breaths and cough to expand your lungs to prevent congestion. They help you turn from side to side periodically and ask you to move your legs to aid circulation.
- ⦿ Registered nurses frequently ask you to rate your pain on a scale of 0–10 and administer pain medication as needed to keep you comfortable.
- ⦿ If you feel any discomfort or nausea, tell a registered nurse so you can be given appropriate medication.
- ⦿ Every effort is made to allow a brief visit in the recovery room by one family member. There are times, however, that a visit is not possible. The time of the visit is coordinated by the registered nurse in the recovery room and may be based on your readiness for a visit, as well as other activities within the unit.
- ⦿ When you are stable and a room is available, you are taken to your Hospital room.

It is normal for you to be in the Post-Anesthesia Care Unit for two – three hours.





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

In New Hampshire you have the right to inform others of your wishes – **in advance** – regarding medical care through a Living Will and a Durable Power of Attorney for Health Care. You have the right 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 doctor with a copy so that we will have them on file and can respect your wishes.

The Advanced Care Planning Guide can be obtained through a link at **[www.concordhospital.org](http://www.concordhospital.org)** or **[www.healthynh.com](http://www.healthynh.com)**.

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.

## AFTER SURGERY

- ⦿ After your surgery, the surgeon visits you at least once a day and orders medication to help keep you comfortable. The surgeon reviews your diet, which will probably start with clear fluids. Your diet will progress to your normal diet, as you are able to tolerate food.
- ⦿ We encourage you to take an active role in your care while at Concord Hospital. One way to accomplish this is by keeping the nurse informed of your comfort level frequently.
- ⦿ An anesthesiologist visits after your surgery, to make sure you are not having undue side effects from the anesthesia.
- ⦿ The staff at Concord Hospital assists you in your recovery process. Your registered nurse and care partner provide your care until you are discharged. You receive medications, including one for pain. Other members of the healthcare team, such as physical therapists, dieticians, and social workers, may also participate in your care.
- ⦿ Your registered nurse gives you a written copy of home instructions and reviews them with you before discharge. If you have questions after you return home, please do not hesitate to call your surgeon.
- ⦿ **Before coming to the Concord Hospital for surgery you need to make arrangements to have someone come to the Hospital to bring you home. When you are discharged, please plan to have this person pick you up between 9-10 a.m.**

For more information on anesthesia,  
please visit  
[www.concordhospital.org/services/  
other/anesthesia\\_info.php](http://www.concordhospital.org/services/other/anesthesia_info.php)



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