

# SURGICAL SERVICES

## WHAT YOU NEED TO KNOW BEFORE SURGERY

### YOUR SURGERY SCHEDULE

PATIENT NAME

DATE

TIME\*

*\*The Surgery Center will notify you of time.*

Surgery Center Front Desk..... (575) 538-4698

Pre-Op Assessment ..... (575) 538-4802

### FINANCIAL INFORMATION

Most surgical procedures are covered by medical insurance. Please contact Gila Regional Patient Financial Services at (575) 574-4989. We have financial counselors that can review your personal situation and assist you with possible options for meeting your financial obligation.



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# Pre-and-Post Surgery Guide

CARE THAT  
COMES FROM  
THE HEART



As you prepare for your upcoming surgery, it is important that you review this important information from Surgical Services about your before-and-after surgical care carefully. Thank you.

## PRE-OPERATIVE PHONE CALL

Expect a phone call from our Pre-op Assessment nurse 2-7 days prior to your day of surgery. If by 2 p.m. on the day before your scheduled surgery you **have not** received that assessment phone please contact us at (575) 538-4698 between 7:00 a.m. – 4:30 p.m.

You can schedule a specific date and time for us to contact you regarding your Pre-op Assessment call if your availability is restricted. We will try to meet your needs whenever possible depending on our work volume and time constraints.

The Pre-op Assessment nurse will review your medical history with you during the call. This review will include questions regarding your current health, allergies, past health problems and any previous surgeries.

The nurse will also ask for a list of any medications you are taking (prescription, over-the-counter, and herbal/homeopathic). Bring a list of your current medications with you on your day of surgery.

The nurse will try to answer any questions you may have about your surgery. If you have questions they are unable to answer, you will be referred to the right person. The nurse will also review your pre-operative instructions and give you information on where to park and check in on the day of surgery.

Please notify your physician if your health condition changes before surgery. Examples of health changes include a cold, sore throat, flu, persistent cough, fever, vomiting or diarrhea. We will also ask about your current skin condition including any cuts, abrasions or open sores.

### GENERAL PRE-OPERATIVE INSTRUCTIONS

- Surgery staff will call the day before surgery to inform you of what time you should arrive on your surgery day.
- Bathe or shower the night before surgery and again on the morning of surgery. Use a clean washcloth and towel each time and dress in clean clothing. If you were given cleansing wipes from your doctor's office, please follow the instructions for the wipes to help reduce your chance of developing a surgical site infection.
- **Do not eat or drink anything** after midnight, the night before surgery unless instructed otherwise. This includes candy, water, coffee, and gum. Do not use tobacco products or consume alcohol for at least 24-hours prior to your surgery.
- Please ask your doctor if you should take any of your routine medications prior to surgery, such as those for heart, asthma, seizure or blood pressure conditions. If you have been instructed to take any medications before surgery do so with a small sip of water.
- Leave your jewelry and valuables at home.

### DAY OF SURGERY

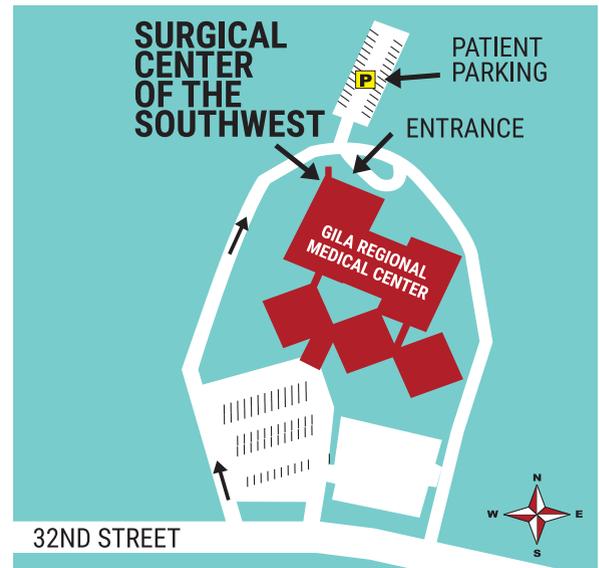
Check-in at the Surgery Center front desk on the day of your surgery. Enter through the Surgery Center/Cancer Center entrance and go upstairs (or use the elevator) to the surgery desk.

#### Please bring your:

- Insurance card
- Photo ID
- List of medications

### PARKING

The Surgery Center of the Southwest is located at the northwest corner of the Gila Regional Medical Center campus. Parking is close to the Surgery Center entrance, as seen on the map.



## AFTER SURGERY

Your surgeon plans on discharging you to recover in the comfort of your own home after your surgery has been completed if you are scheduled for an outpatient procedure.

***It is important that you have someone drive you home after surgery and that a responsible individual remains with you for the first 24-hours.***

You should plan to rest at home for the remainder of the day. Do not drive, make critical decisions, operate machinery or drink alcohol for at least 24-hours after surgery especially if you received any anesthesia

Most people remain in the recovery area for about an hour after their surgery is done. We suggest that your driver and caregiver, if possible, remain in the surgical waiting area the entire time. If they must leave briefly, please have them inform the surgery front desk staff of when they will be returning and how they can be contacted.

We also need your best phone contact information prior to your leaving because a nurse will be calling you after your surgery to check on how you are doing and to answer any questions regarding your surgery you may have.

**Contact your surgeon or go to the emergency room if you develop any of these symptoms after your discharge:**

- Temperature over 101°F
- Nausea and/or vomiting for more than 24 hours
- Excessive bleeding, greater than what your surgeon said to expect
- Inadequate pain relief from your recommended pain medication
- Development of any other significant problems

## WAITING ROOM REMINDERS

- Please limit one person waiting for you and reinforce that they need to be respectful of the other people waiting.
- We discourage children from coming to the Surgery Center except for those having surgery. We do not have a play center and during a long wait it is difficult for most children to play quietly with minimal activity while keeping their voices low.
- When children accompany a surgical patient, we ask you to ensure that they act appropriately while in the waiting area. Do not leave children unattended. Waiting room staff will not supervise or take responsibility for unsupervised children.

## MY MEDICAL RECORDS

Enroll in the Gila Regional patient portal to get easy, secure access to your personal health information. All of the up-to-date information in *My Medical Records* comes from your GRMC Electronic Health Record.

*My Medical Records* allows you to:

- View laboratory results and radiology reports
- Track your visit history
- Revisit your discharge instructions
- Access Health Summaries

Visit Gila Regional Health Information Management Department or contact us at 575-574-4900 to enroll.

## LEGAL INFORMATION

You must bring any **Durable Power of Attorney** paperwork with you to prove the person you have appointed may act as your spokesperson.