

Surgical Planner

Preparing for your surgery



Information about your surgery:

Anesthesia interview date/time: _____

Date of surgery:* _____

Time to arrive at the hospital: _____

Surgical Office Information (name, phone number):

*Date of surgery may change and is tentative until confirmation of insurer's approval.

This planner is designed to help you prepare for your surgery.

Use this planner to keep important information about your surgery in one place. You may be asked for this information many times as you get ready for surgery and should bring this with you the day of your surgery. If you are missing any information, make sure to ask your surgeon or nurse.

Most patients have a phone call with a nurse about two weeks before surgery. **Complete this planner prior to the call**, and take notes here during that call. If your surgery is less than two weeks away and you have not been called, or you have missed calls, please reach out to us at 207.768.4070, available Monday - Friday, 7:30 am – 4:30 pm.

Get ready for your phone call:

- You will be asked if you have any health conditions (heart, lung, kidney, etc) and the name of the providers who care for them.
- You will be asked to list any allergies you have, and your reaction.
- You will need to share all the medicines you take, and the dose.

Do you have sleep apnea? No Yes

If yes, tell your nurse and surgeon. Bring your CPAP machine on the day of surgery.

Do you smoke or use tobacco? No Yes

If yes, we encourage you to call the Maine Tobacco Helpline for help quitting at 1.800.207.1230

Do you have concerns about pain or taking pain medication after surgery?

No Yes

If yes, ask your surgeon about alternate pain control.

Have you had surgery before? No Yes

If yes, what type of surgery? _____

Have you ever had any complications from anesthesia? No Yes

Anesthesia and Sedation

Anesthesia is the use of drugs to prevent pain during surgery or other medical procedures.

Sedation is the use of drugs to relax you and may be used with anesthesia.

Tell Your Healthcare Team About

- General health issues and any recent changes
- Allergies to medicines, foods, latex, rubber, or any other things
- Medical problems, such as high blood pressure, heart disease, diabetes, kidney or liver disease, asthma, acid reflux, and sleep apnea
- Recent hospital admissions, surgeries, or procedures
- Experience with anesthesia, especially any problems
- Any family history of anesthesia problems
- Any hearing or language concerns
- If you are or could be pregnant
- All drugs you are taking, including prescriptions, supplements, herbs, and over-the-counter drugs
- Questions or concerns

Before Your Procedure

- Ask a friend or relative to be your advocate. They can help remember questions, write down answers, and remind you about directions
- Arrange to take off work and other activities
- Have someone care for your small children
- An anesthesia professional will talk to you, ask them about the benefits and risks of anesthesia
- Follow instructions for eating, drinking and taking medicines, especially instructions for when not to eat or drink

Preparing for surgery

There are several things you will need to do to prepare for your procedure. Use the following checklist to help you remember important tasks to do before the day of your surgery.

Pre-surgical Checklist

- Prepare a list of all current prescription, over-the-counter, and recreational drugs you take with doses and times you take them.
- Participate in your pre-surgical phone call.
- Check with your healthcare plan to find out if you will have any out-of-pocket costs.
- Stop eating at midnight the night before surgery. Remember to limit your clear liquids to 10-12 oz. Stop drinking two hours prior to your surgery.
- Shower the night before and the morning of your surgery, following the instructions given to you by your surgeon's office.
- Take medications as instructed the night before and the morning of your surgery.
- Check in with your support person to make sure they are available to bring you home after surgery.
- Stop smoking at least 24 hours before surgery. (This includes nicotine, vape, and marijuana products.)
- Do not drink alcohol for at least 24 hours before surgery.
- Do not wear fragrances, makeup, lotion, powder, deodorant, dark nail polish, hair spray, or hair pins.

Ask for help from caregivers and loved ones

- Someone 18 or over to accept your discharge instructions and drive you home.** (Important: If you are having same day surgery that requires anesthesia and do not have someone who can help you at discharge your surgery may be cancelled.)

Name(s): _____

Phone Number(s): _____

- Someone to be available by phone to share information with loved ones.**

Name(s): _____

Phone Number(s): _____

- Someone to stay with you for 24-hours after you leave the hospital if you are receiving anesthesia.**

Name(s): _____

Phone Number(s): _____

- Someone to help care for children, pets, or others.**

Name(s): _____

Phone Number(s): _____

- Someone to help you around the house.**

Name(s): _____

Phone Number(s): _____

Where to go the day of your surgery

Surgical Patient Reception

- For surgery, you will want to enter using the front entrance of the hospital, located at 140 Academy Street in Presque Isle. Use the Day Surgery entrance (door #8).
- Park in the parking lot in front of the day surgery unit.
- Call 207-768-4827 When you arrive for screening.
- When you enter, our receptionist will welcome you and check you in.
- If you have any questions the day of your procedure, please call the reception desk at 207.768.4335.

Important:

We do everything possible to keep your appointment time, but we sometimes have to make last-minute changes to the schedule. Please make sure we have your contact information so we can keep you informed of any changes. Thank you for your help in ensuring a positive experience!

If you experience a change in your condition, please notify your surgeon.

What to eat and what to avoid before surgery

Adults and children age five and over:

- For adults over 21 years of age, do not drink alcoholic beverages for 24 hours before or after surgery.
- Do not chew gum or eat candy after midnight the night before your surgery or the morning of your surgery.
- Do not eat or drink after midnight the night before your surgery unless instructed otherwise by your provider or surgeon.

Children under age five:

- Do not give your child soup or solid food after midnight the night before surgery or the morning of surgery. However, small children scheduled in the afternoon may have dry toast or crackers up to eight hours before surgery.
- Do not give your child candy or gum the night before or the morning of surgery.
- Infant formula or cow's milk may be given up to six hours before surgery.
- Breast milk may be consumed up to four hours before surgery.
- Your child may drink apple juice, water, and Pedialyte up to two hours before surgery.

What to leave at home

- **Do not wear jewelry or body piercings. You may need to remove your wedding band depending on the type of surgery planned.**
- **Do not use scented deodorant, scented skin cream, perfume/cologne, nail polish, or dental adhesive. Visiting friends and family should also avoid wearing scented deodorant, scented skin cream, and perfume/cologne.**
- **Please leave valuables at home.**

What to bring with you

- Wear loose, comfortable clothing. If you are being admitted, pack a small overnight bag.
- CPAP, inhalers, and any other special medications you were asked to bring.
- Glasses, hearing aids, and dentures, along with their cases. You will not be able to wear them into the operating room, but they will be given back to you in recovery after your surgery.
- A copy of your medical Advanced Directive.
- Health insurance and prescription cards.
- Any equipment you may need before or after surgery including cane, crutches, or walker.
- If you are receiving anesthesia, a support person aged 18 or over, who can receive your discharge instructions, give you a ride home after recovery, to stay with you for the next 24 hours. If you are having a same-day surgery and do not have someone to bring you home, your surgery may be cancelled. We ask that your support person be with you when you check in the day of surgery.

After Surgery

After surgery, if you receive general sedation, you will recover in the post anesthesia care unit (PACU). If you receive only a block or minimal sedation, you will recover in the day surgery unit (DSU). You may feel sleepy. The drugs can stay in your body for up to 24 hours. It is very important to follow the instructions you are given.

Don't

- Drive a car, operate equipment, or drink alcohol for at least 24 hours
- Make any important decisions or sign any legal documents until you recover
- Go back to your regular activities, such as work and exercise, until your doctor says it's OK

Do

- Speak up if you have any questions
- Ask for written instructions, know what signs mean you should call your doctor
- Ask how to contact someone in an emergency
- Ask what medicines you should or should not take
- Have a friend or family member take you home
- Take liquids first, and slowly progress to a light meal
- Take it easy until you feel back to normal

Please read over the information below so you know what to do and what to expect.

- The PACU and DSU are open units with more than one patient who is recovering from sedation, recovery stations are separated by curtains.
- Each patient is cared for by a registered nurse.
- Families are asked not to bring children under 15 years of age to the PACU/DSU, and we are unable to provide supervision for children in the waiting room.
- Visitors are asked to not bring food into the PACU/DSU.

Extended Observation

Some procedures require post operative observation, your healthcare team will let you know if this is the case. This observation stay is typically 24-hours. Our team is dedicated to helping you through the healing process. We encourage you to be independent during your stay, but encourage you to ask for our help and support whenever you need it.

Keeping in touch

We know that preparing for surgery may feel overwhelming. Our team is here to help you navigate the process from beginning to end. Please contact us if you have any questions or concerns.

- If you need to reschedule or cancel your surgery, please call your surgeon's office.
- If you become ill or have other problems on the morning of your surgery, please call Surgical Patient Reception at 207.768.4335.
- If you have general questions about your procedure, please call your surgeon's office.
- If you have questions about your bill, call 207.973.5000 between 8 am and 4:30 pm or visit northernlighthealth.org

Thank you for choosing Northern Light AR Gould Hospital. We hope that your experience meets your expectations. If your experience is less than excellent, please let us know how we can do better.

You may receive a survey in the mail, we encourage you to complete it. These surveys let us know how well we are taking care of our community and where there are opportunities for improvement.

Northern Light Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, ethnicity, age, mental or physical ability or disability, political affiliation, religion, culture, socio-economic status, genetic information, veteran status, sexual orientation, sex, gender, gender identity or expression, or language.

French: ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-888-986-6341 (ATS: 711)

Spanish: ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-986-6341 (TTY: 711)



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