

Getting Ready for Surgery

Medical History

During your pre-anesthesia screening call, you will be asked to provide detailed and accurate information about your medical history. This information is essential for ensuring a safe surgical procedure and will be kept confidential. You may be asked about the following:



- **Health Conditions:** Do you have any health conditions, such as heart disease, high blood pressure or diabetes?
- **Medications:** Are you currently taking any medications including over-the-counter products, such as aspirin, ibuprofen, vitamins, and herbal supplements? Please specify the dosages and frequency.
- **Substance Use:** Do you use recreational drugs, alcohol, or tobacco? If so, please indicate the amount and frequency.
- **Allergies:** Do you have allergies?
- **Family History:** Do you have a family history of malignant hyperthermia?
- **Previous Surgeries:** Have you undergone any previous surgeries?
- **Current Symptoms:** Are you experiencing any symptoms such as fever, cold or rash?
- **Advance Directive:** Do you have an Advance Directive?

Planning for Surgery

To help ensure your surgery goes as planned, take these steps ahead of time:

- **Pre-Surgical Examination:** You may be required to see your family doctor for a history and physical examination within 30 days of your scheduled surgery. This visit may include necessary lab work and diagnostic testing.
- **Cardiac Clearance:** If you are under the care of a Cardiologist, you may be required to obtain cardiac clearance before your surgery.
- **Smoking Cessation:** If you smoke, aim to quit or reduce your smoking at least two weeks before surgery. Tobacco use is generally prohibited on most medical center premises.

- **Medical Management:** Consult your family doctor regarding the use of your usual medications, including those for diabetes, blood pressure, heart conditions, breathing problems and blood thinners (e.g. Coumadin, aspirin, Plavix, anti-inflammatory medication, etc.) Your dosage may need adjustment for surgery.
- **Insurance Notification:** Contact your insurance company to inform them of your scheduled surgery. Confirm your coverage and check for any pre-certification requirements to avoid potential penalties or benefit reductions.
- **Health Concerns:** If you develop a fever, cold, or rash, contact your WIU doctor as your surgery may need to be postponed.
- **Post-Surgery Arrangements:** Arrange for a responsible adult to drive you home after surgery, as you are not permitted to drive yourself. Additionally, ensure that a responsible adult can stay with you for 24 hours after you return home.
- **Minors Policy:** It is recommended not to bring minors to the medical center.
- **Arrival Time:** The hospital or surgery center pre-admission screening department will contact you 1-4 business days before your surgery to provide your arrival time.

The Day of Your Surgery

Preparing at Home:

- **Fasting:** Do not eat or drink anything after midnight on the night before your scheduled surgery, unless instructed otherwise. You may brush your teeth but avoid swallowing any fluids.
- **Hygiene:** Take a shower or bath either the evening before or the morning of your surgery.
- **Clothing:** Wear loose, comfortable clothing.
- **Cosmetics:** Avoid wearing make-up, nail polish or contact lenses.
- **Jewelry:** Do not wear jewelry.
- **Valuables:** Leave all valuables at home.
- **Medications:** If instructed by your family doctor or surgeon, take any prescribed medications with a small sip of water on the morning of your surgery.

What to Bring

Bring the following items with you to the medical center:

- **Identification and Insurance:** Insurance cards, prescriptions cards, Medicare card and a photo ID or driver's license.
- **Medication List:** A detailed list of your medications, including names, dosages, and frequency.
- **Financial:** Money for co-payments, if required by your insurance provider.
- **Advance Directive:** A copy of your Advance Directive, if you have one.
- **Assistive Devices:** Walker, crutches, or any personal assistive devices.
- **Storage Case:** A case with your name on it for items you may need to remove, such as dentures or glasses.
- **Transportation:** Arrange for a responsible adult to drive you home.

Checking In

Arrive at the medical center a few minutes before your assigned arrival time. At registration, you will be asked to:

- **Verify Contact Information:** Confirm your current contact details.
- **Present Identification:** Show your photo ID and insurance card.
- **Make Co-payment:** Pay any co-payment required by your insurance provider.
- **Sign Forms:** Sign a release of information and financial policy form to authorize the surgical center to bill your insurance provider for your surgery.

After registration, you will be escorted to your individual surgical prep bay, where preparations for your surgery will be completed. The following will occur:

- **Vital Signs:** Your blood pressure, pulse, and temperature will be checked.
- **IV Placement:** An intravenous (IV) line will be started in your arm or hand to administer medications and/or fluids during and after the surgery.

- **Anesthesiologist Meeting:** You will meet the anesthesiologist, who will explain the type of anesthesia to be used and how it will keep you comfortable during the surgery.
- **Surgeon Meeting:** You will have the opportunity to meet with your surgeon to discuss the surgery and address any last-minute questions.
- **Consent Forms:** You will be asked to sign consent forms for both the surgery and anesthesia.



Your family member or friend may stay with you until the time of your surgery. Once your surgery begins, they will be escorted to the surgical waiting area to wait for you.

The Operating Room

The operating room (OR) provides a safe and sterile environment for your surgery. You will be taken to the OR on a bed. Your surgical team members include:

- **Surgeon:** Performs the surgery.
- **Registered Nurses:** Assist with care and monitor your condition.
- **Operating Room Technicians:** Support the surgical team and manage equipment.
- **Anesthesiologist:** Administer and manage anesthesia, ensuring your comfort.



Your surgical team will continuously monitor your progress and well-being throughout the surgery.

Operating room equipment:

- **Bright Lights:** Positioned above the operating table.
- **Blood Pressure Cuff:** Placed on your arm to monitor your blood pressure.
- **Heart Rate Monitoring:** Sticky pads will be applied to your chest to track your heart rate.
- **Oxygen Level Measurement:** A clip will be put on your finger to measure the oxygen level in your blood.
- **Blankets:** Request a blanket if you feel cold.

- **Anesthesia:** If you receive anesthesia, you will breathe anesthetic gases through a face mask or a breathing tube inserted through your mouth, which will be removed before you wake up.

Post-operative Care

After surgery, you will be taken to the post-anesthesia care unit (PACU) for close monitoring as the anesthesia wears off. Your nurse and surgeon will determine when you are ready to be moved to your individual surgical prep bay.

Possible Anesthesia Effects/Monitoring:

- **Noises:** May seem louder than usual.
- **Drowsiness:** You might feel very drowsy and have little memory of the surgery.
- **Blurred Vision and Dry Mouth:** These are common, along with mild nausea or chills.
- **Sore Throat:** If a breathing tube was used, you may experience a mild sore throat.
- **IV:** An IV may still be in your arm or hand.
- **Surgical Discomfort:** You may feel discomfort in or around the surgical area.
- **Vital Sign Monitoring:** Your vital signs will be closely monitored throughout your recovery.

Pain Management

You will be asked to rate your pain on a scale of zero to ten. This helps communicate your personal level of pain.

Remember, all pain is real, and there are various ways to manage it. Ask for pain medications as needed and avoid trying to “tough it out,” as this can worsen your discomfort.

Medication Tips:

- **Follow Orders:** Take your medications as prescribed.
- **Report Pain:** Inform your nurse or doctor if the pain does not improve.
- **Expect Some Pain:** Medications will help reduce, but not eliminate, all pain.

When You Go Home on the Day of Surgery

After your anesthesia wears off, you will be moved to your individual prep bay, where you may stay for one to two hours. Once you feel alert, your nurse will help you to get dressed. Your family member or friend may join you during this time.

Your discharge instructions will be reviewed with you and your accompanying family member or friend. After all your questions are addressed, you will be assisted to your vehicle for your trip home. It is important to have a responsible adult to drive you home.

Your Role in Recovery

Your role is to become active as soon as directed by your WIU doctor, while still allowing yourself time to heal. Rest when you feel tired. To enhance your overall recovery, you may be asked to:

- **Cough and Breathe Deeply:** This helps to clear and expand your lungs, potentially preventing pneumonia. You might be given an incentive spirometer for deep breathing practice, and a staff member will demonstrate its use if needed.
- **Engage in Mild Physical Activity:** Activities like walking or moving your legs will support your circulation and help your body's functions return to normal.
- **Manage Your Pain:** Effective pain management allows for more comfortable movement. You will be asked to rate your pain on a scale from zero to ten. It is important to communicate to your nurse where and how much you hurt so that your pain can be properly addressed.

Going Home

Before you go home, you will receive discharge instructions. It's helpful to have a family member or friend to listen to these instructions with you so they can assist you during your recovery.

The following topics will be covered and included in your written discharge instructions:

- **Bathing and Showering:** Instructions if applicable.
- **Diet:** What to eat and what to avoid.
- **Incisional Care:** How to care for your incision if applicable.
- **Driving Restrictions**
- **Medications:** Dosages and timing.
- **Pain Control:** What to expect and how to manage it.
- **Physical Activity:** Recommendations if applicable.
- **Returning to Work:** Guidance if relevant.
- **Signs of Infections:** Symptoms to watch for and actions to take.



A follow-up visit with your surgeon or their care team will be scheduled. The appointment date and time will be provided in your discharge instructions. Be sure to bring a list of any questions or concerns to this visit.

Call your Doctor

It is important to notify your WIU doctor if you experience any of the following symptoms, as they could indicate complications that need immediate attention:

- **Fever:** A temperature of 100.4 degrees Fahrenheit or higher.
- **Wound Issues:** Excessive chills, increased redness, localized tenderness or swelling around your wound/incision.
- **Red Streaks:** Red streaks in the skin leading away from the wound/incision.
- **Drainage:** Drainage from the wound/incision that completely saturates the surgical dressing in the first 24-48 hours post-operative.
- **Swelling:** Moderate or severe swelling under the skin near the incision.
- **Pain:** Severe or escalating pain at your surgical site despite taking prescribed pain medications.
- **Bladder Issues:** Difficulty emptying your bladder.

Patient responsibility

We advise you to contact your insurance company and notify them of your planned procedure or surgery. Discuss any out-of-pocket costs with them, as non-covered charges are the responsibility of the patient/guardian.



For those without insurance (self-pay), please make financial arrangements directly with each medical facility and/or specialist.

Our Locations to Serve You

Main Office

1265 W. American Drive, Suite 100
Neenah, WI 54956 (Fox Crossing)
Phone: (920) 886-8979 or (800) 897-7747
Website: wisurology.com

Our Satellite Locations:

- Oshkosh
- New London
- Shawano
- Waupaca

Wisconsin Institute of Surgical Excellence

1265 W. American Drive, Suite 200
Neenah, WI 54956 (Fox Crossing)
Phone: (920) 886-7132
Website: wiseurology.com


