

# **Expectations:**

## **Preparation for Your Operation**

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### **The Day of Your Operation**

#### **Don't Eat or Drink**

Not eating or drinking after midnight the night before the operation reduces your risk of complications from anesthesia.

#### **What to Bring**

- Insurance card and identification
- Advance directive
- List of medicines
- Loose-fitting comfortable clothes
- Slip-on shoes that don't require you to bend over
- Leave jewelry and valuables at home

#### **What You Can Expect**

An identification bracelet with your name and hospital number will be placed on your wrist. Your ID should be checked by health care team members before providing any procedures or giving you medication.

An intravenous line (IV) will be started to give you fluids and medication.

For general anesthesia, a tube will be placed down your throat to help you breathe during the operation.

For Monitored Anesthesia Care: A mild sedation medication is given that will make you sleepy.

After your operation, you will be moved to a recovery room where your heart rate, breathing rate, oxygen saturation, blood pressure, and temperature will be closely watched.

### **During Your Operation**

#### **Preventing Pneumonia and Blood Clots**

Movement and deep breathing after your operation can help prevent postoperative complications such as blood clots, fluid in your lungs, and pneumonia.

#### **Preventing Infection**

The risk of infection is lowered if your hair is removed with clippers versus shaving around the surgical site. Be sure all visitors wash their hands.