



Surgical Day Care

STURDY MEMORIAL HOSPITAL

Preparing For Your Procedure

No matter what procedure you are having, we want you to be as comfortable as possible. We would like to inform you of the Surgical Day Care process at Sturdy Memorial Hospital.

A. PHONE CALLS TO EXPECT

1. Prior to your procedure, you will receive a call from the Patient Registration staff (Admissions Office). (You may possibly receive phone calls from Physical Therapy, Credit & Collections, etc., if your case so warrants.) The person calling will verify demographic information and arrange a date and time for your pre-admission testing visit. It is very important that we have an accurate phone number to reach you. If you are rarely at home, a cell phone number is acceptable.
2. The *Surgeon's Office* may also call you about other visits they require, such as Physical Therapy or the Laboratory, or to notify you of any changes in scheduling.

B. PRE-ADMISSION TESTING DAY

This visit is an anesthesia screening process that will help us take care of you more efficiently and safely. This process usually takes 1 1/2 to 2 hours.

1. Important things to bring with you on that day would include:
 - All your medication bottles (so we may verify the name, dose, etc.)
 - A completed questionnaire for anesthesia/nursing (supplied by your doctor/surgeon)
2. If the patient is a minor (under the age of 18), a parent or guardian must accompany the patient.
3. At the time appointed to you by the registration person, you will arrive at Sturdy Memorial, come in through the Emergency Care Center (ECC), and stop at the Registration Desk. *There is valet parking available at the ECC entrance if needed, Monday – Friday, during the hours of 8:00 a.m. to 4:00 p.m.*
4. At the Registration Desk, you will be asked to complete necessary paperwork, which includes authorization for the hospital to release information to your insurance company. It is extremely important that you bring a *valid insurance card and picture identification card* with you. If your health insurance informs us that you will have co-payment or deductible amount due, a Credit Representative may meet with you to collect payment or make financial arrangements.

5. Next, you will be escorted to Surgical Day Care (SDC) for interviews with Anesthesia and Nursing. The purpose of these interviews is to allow us to become familiar with your medical and surgical history. We will verify medications you currently take, and schedule any tests you need, based upon your history and health. You may meet with an anesthesiologist to discuss the type of anesthesia you will be given and to allow time for you to ask any questions you may have. We will provide education about your procedure so you will know what to expect. *Diabetic patients will receive special instructions for management of blood sugar and medications.*
6. It may not be necessary for all patients to come in for pre-admission testing. A telephone screening may be appropriate for some patients. During that call the interview nurse will take your health history, verify medications you currently take, give instructions about eating and drinking, and medications you may take the morning of surgery.

C. PRE-OPERATIVE INSTRUCTIONS

These are very important instructions you must follow in preparation for your procedure/surgery.

1. **DO NOT EAT** anything (not even candy, cough drops, chewing gum, mints or antacids) *after midnight* before your surgery. If the anesthesiologist or interview nurse tells you to take your medications, do so with a *sip of water only*. The anesthesiologist will inform you of the time until which you may drink clear liquids (i.e., water, black coffee or tea).
2. On the evening prior to surgery, please eat a *light* meal and avoid alcohol consumption.
3. Your surgeon or the interview nurse may instruct you to bathe with CHG soap the evening before and morning of surgery. This helps to decrease the bacteria that lives on your skin.
4. Be sure to tell your nurse and anesthesiologist about your medical problems including allergies and any medications that you may take. This includes aspirin and any other “over the counter” medications. If possible, bring a list of your medications including the dose and frequency. Please include any herbal supplements, as well.
5. Please make arrangements for someone to pick you up after your procedure and drive you home. You may **NOT** drive yourself home from the hospital as medications given during surgery will make it unsafe for you to drive.

6. Plan to have someone with you for 24 hours after surgery, to care for you.
7. Do not wear nail polish. The natural color of your nails is an indicator of your general health. Also, please do not wear makeup.

For your safety during surgery, all jewelry must be removed. Please do not wear jewelry to the hospital; leave it at home. Any type of body piercing/jewelry, must be removed.

8. We are concerned about privacy for all surgical day care patients. We request that you limit yourself to one support person (family, friend), should you feel the need to have someone with you pre-operatively. Please do not bring children.
9. If you have any form of anesthesia, you will spend some time in the Post Anesthesia Care Unit (PACU). A family member or friend may wait in the waiting room or return home. You **may not** leave the hospital unless an adult accompanies you. A pillow and blanket in the car is advisable for the return trip home. We will contact the person who will be driving you home when you are ready for discharge.
10. If you have any questions or concerns at any time, please bring them to the attention of the nursing staff, anesthesiologist and/or surgeon. It is best for everyone if all issues are addressed before proceeding with surgery.
11. If you anticipate any problems after surgery regarding equipment (i.e., walker, crutches) or if you anticipate any problems getting into your home (i.e., 2nd or 3rd floor), please tell the nurse interviewer, who will contact the Case Management Department to help you with these issues.
12. If you have any reason to believe that you may be pregnant, please tell your nurse and anesthesiologist. Certain anesthetic agents may be harmful to a developing fetus, and pregnancy has bodily effects that may have an impact on your reaction to anesthetic medications.
13. Smoking is not permitted at the hospital. Patients who smoke are urged to stop at least two weeks prior to their procedure.
14. A Health Care Proxy is available through Patient Registration (Admissions Department). Please make sure the proxy is dated and signed by a witness. It needs to be attached to your chart during your hospitalization.

D. ON THE DAY OF SURGERY

1. Your safety is important to us. For that reason, you may be asked the same questions several times by different people. This is our way of ***double checking*** very important information. Please do not become frustrated with the repetition. Some information that is verified several times includes: allergies, operative site (part of body being operated on), name and date of birth.
2. On the day of surgery, please tell your nurse about dentures, capped or loose teeth, body piercings or other prostheses. All jewelry must be removed. In most cases, contact lenses must be removed (even “extended wear”). If you are having anesthesia, please bring your lens case and any necessary solutions with you.
3. A locker will be provided for your clothing, but please leave money, jewelry, and other valuables at home. Sturdy Memorial cannot be responsible for such items.
4. You may wish to bring a book to read if for some reason there is a delay in the scheduled time of surgery.
5. Wear loose clothing that is easy to put on and remove. Elastic waist pants and sweat suits are examples of appropriate clothing. If surgery involves hand/arm or leg/foot, please wear clothing loose enough to fit over a large dressing. A top that zips or buttons up the front may be easier to put on after your procedure.
6. You will check in at the time you were told to arrive at the Surgical Day Care desk located on the first floor level of the Hospital. The SDC drop-off and pick-up door is on Park Street.

A planned time of your arrival will be discussed with you on the pre-admission testing day or telephone interview. This time varies and depends on what preparations are required for your procedure. Each patient is an individual with individual needs. Please be aware that surgery time is approximate and subject to change based upon numerous variables. If the procedure before yours is cancelled or runs late for any reason, there could be a time change. If there is a change in the schedule on the day of surgery, someone from the Operating Room staff will call you. Otherwise, any schedule changes will be handled by the Surgeon's Office.

7. After checking in at the SDC desk, you will be escorted to the Pre-Operative waiting area. If you have brought a support person with you, they may accompany you.
8. A nurse will come out to bring you in and start your preparation. The nurse will check your vital signs. If you wear dentures or have contact lenses in, you will be asked to remove them. An IV (intravenous) may be started to give you fluids. Medications may be required as part of your preparation; if so, they will be started.

***If you have brought a support person with you, they will be asked to remain in the Pre-Operative waiting area until you have had the chance to privately change into a hospital gown. Once you are settled, they will be brought in to sit with you.*

9. When the Operating Room is ready for you, a team of nurses and doctors will come out to the Pre-Operative area to get you. Your family member will be directed to the waiting room.
10. During your surgery, the surgical team will be monitoring you and making sure you are comfortable.

E. AFTER SURGERY

1. After your surgery is completed, the surgical team will bring you to the recovery area, which will be either the Surgical Day Care unit or the Post Anesthesia Care Unit. The unit in which you recover depends on the type of surgery and type of anesthesia used. The type of procedure, the type of anesthesia and your own body's response determine the length of time you will need to stay in recovery.
2. During your recovery period, you will be receiving fluids through your IV, until you can take fluids by mouth. The nursing staff will be monitoring your heart rate, blood pressure and breathing, along with making you as comfortable as possible.

***The nursing staff will be evaluating your post-operative pain level. Because you have had surgery, some pain is to be expected. To accurately interpret your pain level, we use a scale of 0 to 10, with 0 meaning no pain and 10 meaning the worst pain you have ever experienced. We strive to keep you as comfortable as possible. Please tell us if we are not managing your pain effectively.*

3. When you are fully awake and your heart rate, blood pressure and breathing have returned to normal, the nursing staff will start to prepare you for discharge, or admission to the hospital, if applicable.
4. If you are being discharged to home, you will be taken to SDC to prepare for this.
5. If you are being admitted to the hospital, the PACU nursing staff will meet with the unit nurse to discuss your surgery, progress and doctor's orders. The unit nurse will then take you up to your room.
6. Because medications have an amnesiac effect, you may not remember speaking to the doctor after surgery.

F. GOING HOME

1. An adult driver should drive you home.
2. Your recovery period continues at home. Once at home, you may still be drowsy and may still have discomfort.
3. *As mentioned earlier, you may forget verbal instructions given after your surgery. We will give you written post-op instructions in an envelope labeled DISCHARGE INSTRUCTIONS. Please follow these instructions carefully. During the first few days after surgery, these instructions will help you take care of yourself as well as help your family take care of you.*
4. It is very important that you follow your discharge instructions, paying particular attention to those instructions related to your activity level and taking your pain medications.
5. Any questions related to discharge instructions can be clarified by calling your surgeon's office.
6. Be sure to keep all follow-up appointments with your doctor.
7. You need to rest; your body needs to rest to heal.
8. You should not drink alcohol, drive or make important decisions for 24 hours.
9. You will receive a post operative phone call from a member of our staff soon after your procedure.

G. AMENITIES

1. During your visit at Sturdy Memorial Hospital, there is a waiting area for your family. It is located adjacent to the Surgical Day Care check-in desk. It is a lounge area that has a TV, magazines and a play area for children. On the ground level of the hospital, there is a cafeteria, ATM machine and chapel. Cell phone usage is limited to public areas like the main lobby and cafeteria, or outside of the hospital.

H. CONTACT INFORMATION

Call: 508/236-7440 Monday - Friday from 7 a.m. to 3 p.m.

Call: 508/236-7442 After hours, including holidays. Please leave a message and a staff member will return your call.

DIRECTIONS TO STURDY MEMORIAL HOSPITAL

FROM THE BOSTON AREA: Route 95 south to Exit 5 (North Attleboro). Left and follow to lights on North Main St. (Route 152). Right on North Main St. and follow to traffic light/Park St. Left onto Park St. (Route 118). Straight on Park St. to HOSPITAL.

FROM THE PROVIDENCE AREA: Route 95 north to Exit 3 (Attleboro). Right to South Ave. (Route 123). Left at second lights onto County St. (Route 123). Follow County St. to Park St. (Route 118). Straight on Park St. to HOSPITAL.

FROM INTERSTATE 295: Route 295 north to Route 95 south to Exit 3 (Attleboro). Follow Providence area directions above.

FROM INTERSTATE 495 (NORTH OR SOUTH): Follow Interstate 495 to Exit 10 (Norton). Follow Route 123 west to Attleboro Center. Follow signs around island to Park St. (Route 118). Straight on Park St. to HOSPITAL.

FROM REHOBOTH: Take Route 118 north to Emory St. (one way intersection). Follow Emory St. to Brook St. Left on Brook St. to Park St. (Route 118). Left on Park St. to HOSPITAL.

Additional directions are available by calling 508/236-8858.

