



Important Information for Your Upcoming Procedure

Welcome and thank you for choosing Signature Healthcare Brockton Hospital. At Signature Healthcare, we are committed to providing you with the best possible care and service. Our experienced staff will make every effort to assure you receive personalized, exceptional care and make your stay as comfortable as possible. Our goal is to provide you with safe, high-quality care with compassion.

*You will be notified by phone in the afternoon, one business day before your procedure, of your arrival time.
Please fill in these times to serve as your reminder:*

Telephone Appointment: _____

Procedure Date & Arrival Time: _____

Please note: Your arrival time and your scheduled surgery time are not the same.

We have created this handout to provide you with important information to prepare you for your upcoming procedure. Please read it carefully and use this checklist to be sure you complete all of the necessary steps before your procedure. Use the additional lines to make notes and add specific directions from your provider or pre-surgical appointment(s). If you have any questions, please contact us at **508-941-7000**.

Pre-Procedure Phone Assessment

A nurse from our Pre-Surgical Services Department will call you up to 1-2 weeks before your procedure to review your health information and give you important instructions before your procedure. Please have your current health history, your allergies, and current medications and dosages available, as well as this information sheet during your telephone interview. This appointment can take 30-60 minutes and is a requirement, or your surgery may be rescheduled.

Registration

You will receive a separate phone call from our Registration Department 2 to 5 days before your procedure to verify your personal contact information and insurance information.

Preparing for Surgery

- If you smoke, healing may take longer. Speak with your healthcare provider if you need help to stop smoking.
- If you think you may be dependent on alcohol, contact your healthcare provider for assistance with stopping safely, as it may be dangerous to stop too quickly without proper support.
- Arrange for a responsible adult (age 18 or over) to drive you home and to stay with you for 24 hours after anesthesia. **You will not be allowed to drive yourself after your procedure.** You may use a taxi or rideshare transportation service (such as Uber or Lyft) **only** if you are accompanied by your own prearranged responsible adult. Please provide this person's phone contact information to us when you arrive at the hospital.

Preparing for Surgery continued on next page...

Preparing for Surgery - continued

- Select one person to serve as the primary contact and refer all other family and friends to this individual. This may be the same or a different person as your ride home. To protect your privacy, only this person will be given information. This person should be readily available during the day of your surgery. You will need to provide this person's phone number to us when you arrive at the hospital.
- If you become ill (fever, cough, cold, diarrhea, flu-like symptoms) or have any open areas, cuts or rashes on your skin, notify your provider as soon as possible so they may evaluate and treat you, if necessary before your procedure. Your surgery may need to be postponed until you are well.
- Do not shave the area to be operated on for 7 days before your procedure.

Medications

- Continue your prescription medications as directed. If you have questions, call your provider.
- **Do not** take aspirin or anti-inflammatories (NSAIDs) such as ibuprofen or naproxen (Motrin, Advil, Aleve, Midol) or any products that contain these medicines for 7 days before your surgery. Always follow any specific instructions given by your provider, especially if you have been directed to take any of these medications.
- **You may be instructed to stop taking your prescribed blood thinners (such as aspirin, warfarin, clopidogrel). It is very important that you follow these instructions as directed by your healthcare provider, cardiologist, or vascular surgeon.**

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- You may take medicines that contain acetaminophen (Tylenol) unless otherwise instructed.
 - Stop taking vitamins, herbal supplements, or homeopathic medicines, as well as any recreational or illicit drugs, including marijuana for at least 7 days prior to your surgery. No cannabis for at least 24 hours and no edibles for at least 48 hours (about 2 days) before your procedure.
 - You should not drink alcohol one day before your surgery.
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The Night Before Your Surgery

- **Do not have any food or liquids after midnight.** This includes no hard candy, gum or mints of any kind.
 - **Do not** smoke or vape after midnight before your surgery.
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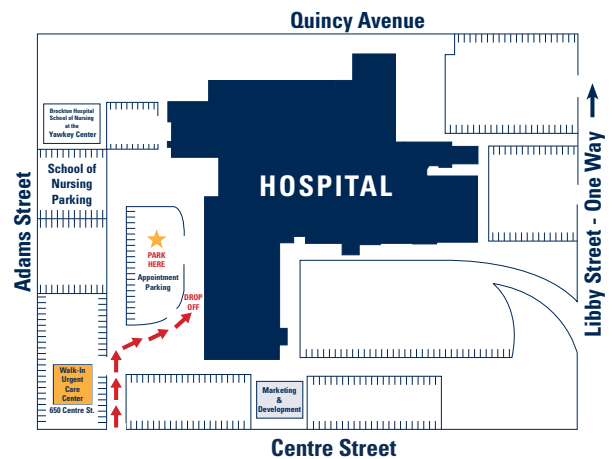
Day of Surgery - Before You Arrive

- Take your morning medications as directed by your provider or from your pre-surgical testing appointment. Take medications as early as possible with a small sip of 2 ounces (¼ cup) or less of **only water**. Do not drink alcohol.
- Brush your teeth and clean your mouth as usual. You will not be allowed to wear dentures or anything removable into surgery.
- To reduce the risk of surgical site infection, take a shower or bath. Follow any special skin preparation or bathing instructions from your surgeon, if any.
- Do not wear makeup, powder, perfume, deodorant, nail polish (fingers or toes), hair spray, aftershave, or skin lotions.
- Wear comfortable, loose-fitting clothes. Do not wear flip-flops or sandals.
- **Remove all jewelry** (including body piercings and wedding rings) before coming to the hospital.
- **Do not** wear eye contact lenses. Bring your eyeglasses with you.
- Do not bring valuables to the hospital. You may bring a cell phone, book, ID, and insurance cards.
- If applicable, please bring with you your CPAP machine, inhalers, stimulator controller, and fingerstick blood sugar results.
- Bring with you a list of your current medications including the name, dose, how often you take them, and the time your last dose was taken.

Day of Surgery

Please arrive on time!

- When you arrive, please use the Signature Way entrance (next to the Urgent Care Center, located at 650 Centre St.) and follow the signs to "Scheduled Procedures." Stop at the gate to check in, then you will be directed to the upper parking lot and further instructed where to park and enter the building.
- You may have one adult (age 18 and over) accompany you to the waiting area if you choose.
- **Please bring your photo ID (license, government identification) and insurance card(s) with you.**
- If you have a co-payment this will be due when you arrive for your surgery, or your surgery will be canceled.
- You will be asked to provide the name and contact information of your ride home and/or your primary contact person, if different.
- Someone will escort you to the Surgical Suite to begin preparing you for your procedure. You will meet with our Anesthesia team and your surgeon to confirm your procedure and you will also have the opportunity to ask any questions.



Day of Surgery continued on next page...

Day of Surgery - continued

- You will be made comfortable and monitored closely by our Anesthesia team in the Operating Room during your procedure. Someone will remain with you at all times to keep you safe. If you wish, your surgeon will contact your primary contact person once your procedure has finished.
- When your procedure is complete, you will be taken to the Post Anesthesia Care Unit (PACU), also known as the Recovery Room, where you will be monitored as you wake from anesthesia. Medication will be available for discomfort and nausea if needed. The recovery process varies and may take 1-2 hours or more. When you are fully awake and ready to go home, your nurse will review your discharge instructions with you. A staff member from the PACU will contact your ride approximately 20-30 minutes before you are ready for discharge.

At Home/After Surgery

- We encourage you to complete your recovery at home. For your safety, *you must have someone stay with you for 24 hours after anesthesia*. During this time you should not drive, operate any heavy machinery, drink alcohol, or make any important or legally binding decisions.
- Some patients experience minor after-effects of surgery including drowsiness, dizziness, muscle aches, fatigue, headaches, or a sore throat. Nausea may also be present, but vomiting is less common. These side effects go away in the hours following surgery, but it may take several days before they're gone completely. You may not feel up to your typical activities due to general tiredness or surgical discomfort for 24-48 hours (about 2 days) after surgery.
- Detailed, individualized discharge instructions will be provided to you before you leave the hospital.
- A nurse will contact you the following business day after your surgery to see how you are doing. We will evaluate your level of comfort based on the 0-10 pain scale used during your stay. If you have questions before we call, you may call the hospital at **508-941-7000**, Monday – Friday, 6:30am-5:00pm, or contact your surgeon's office directly.

It is very important to follow your provider's instructions about not eating or drinking and having a pre-arranged adult to transport you home and stay with you after your surgery, or your surgery may be canceled!

**Thank you for choosing Signature Healthcare Brockton Hospital.
We look forward to caring for you.**

Additional Notes: _____

