



EXCEPTIONAL CARE. WITHOUT EXCEPTION.

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Boston University School of Medicine

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PATIENT GUIDE

Preparing For Surgery



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PREPARING FOR SURGERY

The safety and comfort of our patients is our priority. You play an important role in partnering with us to ensure a safe, efficient, and exceptional experience.

If you have any remaining questions after reading through this brochure, please call your surgeon’s office. If it is the day of your surgery, call the operating room where your surgery is scheduled.

Key Points to Remember:

➡ Aside from the pills you were told to take with a small sip of water, do not eat or drink ANYTHING after midnight or the morning of your surgery. This includes mints, candy or gum.

➡ Remember to shower using the special soap (Chlorhexadine) the night before and the morning of your surgery.

➡ A nurse will call you the day before your surgery. If you do not receive a phone call, please call your surgeon’s office to confirm your appointment time.

➡ Make sure your insurance is active, and will still be active on the day you are scheduled to have surgery.



SURGERY DETAILS:

●

Date: _____

●

Arrival Time: _____

●

Physician: _____

●

Surgeon’s Phone Number: _____

●

If you have not received a call from the OR by 6 pm on the day before your surgery, please call the location of your operation.

● Building:

■

 Newton Pavilion
617.638.6200
88 East Newton Street



■ Menino Pavilion
617.414.4116
840 Harrison Avenue

■ Moakley Building
617.414.6145
830 Harrison Avenue



CHANGES TO YOUR MEDICATION SCHEDULE:

It is extremely important that you are aware of the changes that will need to be made to your normal medication schedule 7 days before your surgery.

1 WEEK BEFORE SURGERY:



➡ Stop taking Ibuprofen, Motrin, Advil, Aleve, Naprosyn, Relafen, Daypro, Nuprin and Celebrex.

➡ Stop taking herbal medications/dietary supplements, such as garlic pills, vitamin E, St. John’s Wort, and multivitamins.



➡ Check with Your Doctor: Follow instructions given to you by your Nurse Practitioner or Doctor at the Pre-Procedure Clinic concerning Coumadin.



➡ Tylenol (Acetaminophen) is acceptable.

➡ Aspirin: Please continue to take Aspirin up until the night before your surgery if you have had a heart attack, heart disease, heart failure, previous heart surgery or a stroke.

BEFORE SURGERY

SHOWER THE NIGHT BEFORE AND MORNING OF YOUR SURGERY

Chorhexadine Shower Instructions:

- You may shampoo your hair using your normal shampoo and products.
- Apply Chlorhexadine (AKA “Hibiclens”) to your whole body (Use ½ bottle of for each shower).
- Gently scrub your entire body from the neck down for 5 minutes, focusing on the surgical site.
- Avoid eyes, nose, mouth and genital area.
- Do not wash your body with soap after using Hibiclens.
- Rinse and dry yourself thoroughly.
- Do not apply any powders or deodorants after showering.



PREPARATION OF THE SURGICAL SITE

- DO NOT shave the area where the incision will be made.
- You may shave your face, underarms, or legs, but you must do this before showering the evening before your surgery.
- The nurse may use clippers to remove body hair at or near the surgical site.
- Remember not to apply any lotions, creams, petroleum jelly or powder on your skin following your morning shower.



AFTER SHOWERING

- Do not use hair products.
- Do not wear make-up.
- Do not wear nail polish.
- Remove jewelry (including rings and all body piercings). **Jewelry, including body piercings, presents a potential safety risk.**

➡ Do not wear your contact lenses. Please wear your glasses, or remember to bring your contact lens case with you.

BEFORE LEAVING FOR THE HOSPITAL CHECKLIST

- ☐ Stop eating after midnight the night before and the day of surgery (this includes no breakfast).
- ☐ Leave jewelry and other valuables at home.
- ☐ Leave all medications at home, except asthma inhalers.
- ☐ Pack a bag with comfortable clothes.
- ☐ Do not apply hair products, make-up, nail polish, and piercings.
- ☐ Remove contact lenses, and wear only your glasses or bring your contact lens case with you.
- ☐ Bring your identification and insurance card.
- ☐ Plan to arrive 2 hours prior to surgery.

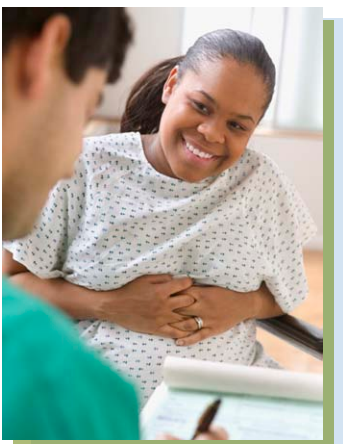


SURGICAL PROCESS

ARRIVAL: 2 Hours Prior to Scheduled Surgery

Once you arrive:

- Go to the registration area.
- A patient access representative will register you.
- A BMC escort will take you to an area to prepare for your operation.
- If you are running late on the day of your surgery or have questions or concerns about anything regarding your surgery, please call the operating room.



REGISTRATION:

- Make sure to have your driver’s license or another form of photo identification with you.

HOLDING AREA:

- Meet your Surgeon, Anesthesiologist, and Nurse Care Team.
- Proper Safety Checks which include a list of regulations undergone before every surgery.
- Possible additional blood tests.

OPERATING ROOM (OR):

- Family may wait for you in the waiting room during this time.
- Please bring someone to watch children. They cannot be left unsupervised.

POST-ANESTHESIA CARE UNIT (PACU):

- You will be monitored by a nurse until you wake up from anesthesia.
- You will be notified by a Nurse or Operating Room Liaison when you are able to see visitors.



SAME-DAY SURGERY:

- If going home the same day as your surgery, you MUST have a ride from a family member or friend. You will not be able to operate a vehicle.
- You will not be allowed to leave in a taxi or to take public transportation by yourself.

INPATIENT FLOOR:

- You will be wheeled to an inpatient floor, where you will be cared for by a team of caregivers until your body has recovered sufficiently.

DISCHARGED HOME:

- You will be allowed to go home once the care team feels confident that you have regained strength sufficient to function in your home environment.



Avoiding Post-Operative Complications

I Use of the Incentive Spirometer 10 times per hour

C Coughing and Deep Breathing when possible

O Oral Care - Brush your teeth and rinse with mouth wash 3 times per day

U Understanding- Ask if you have questions about the reasons for these guidelines

G Getting Out of Bed and Walk through the Hallways

H Head of Bed at 30 degrees elevation

Special Note about Getting out of Bed:
If you have special instructions to remain in bed, you might be asked to wear compression boots that compress your calf muscles to promote blood circulation. This is important to prevent blood clots