

DISCHARGE INSTRUCTIONS:

If you are having outpatient surgery, a nurse will review specific written instructions with you and your family prior to discharge.

If you have general anesthesia, you may feel drowsy and your reflexes may not be as quick as usual. You should not drink any alcohol, drive a car, work with machinery, or make any important decisions for at least 24 hours.

Make sure that you drink plenty of fluids. When your appetite returns, start with bland foods such as soup or toast, then slowly return to your normal diet. You may have a sore throat or scratchy voice for a day or so. You may use warm salt water gargles or throat lozenges to help with this.

If you have any questions or problems after you return home, please contact your surgeon. If it is after hours, call the hospital at 336-248-5161 or if it is an emergency, dial 911.

As a Lexington Memorial Hospital patient, you can rest assured our staff will work with your doctor to provide you the very best in personal, progressive care.

Whether you're here as an outpatient, or you're admitted to the hospital after your surgery, we'll see that the hours you spend in our care are as safe and comfortable as we can possibly make them.

We appreciate the confidence you've placed in us and urge you to let us know if we can make your stay with us more pleasant.

If you must cancel your surgery, contact your surgeon during office hours. If you have to cancel the evening prior to your surgery, please contact the hospital nursing supervisor at 336-248-5161.



**LEXINGTON
MEMORIAL**

Advanced Medicine · Compassionate Care

Lexington Memorial Hospital
250 Hospital Drive
Lexington, NC 27292
336-248-5161



Your Surgery



**LEXINGTON
MEMORIAL**

Advanced Medicine · Compassionate Care



Your Surgery

Your Preadmission Appointment is scheduled for:

_____ at _____
Your surgery is scheduled for: _____

PREADMISSION:

- Please arrive on time for your scheduled preadmission appointment.

- Convenient parking, along with handicapped parking, is located adjacent to the outpatient entrance. Please check in at the Outpatient Rotunda when you arrive. You will be directed to registration. You will need to have your identification and insurance information available at time of registration. **Bring any documents given to you at your physician's office.**

- During your preadmission appointment, you will meet a member of the nursing staff who will provide instructions to prepare you for your surgery. This is an important part of your surgical process. In order for you to receive the best possible care, a nurse will need to collect information about your medical history. Please bring all of your medical conditions with you to have available for the nurse to review. You may also need to have EKG, x-rays, and/or lab tests completed.

PREADMISSION:

If you take aspirin or NSAID's (Motrin, Aleve, Ibuprofen, etc.), please stop taking these 7 days prior to surgery.

If you take blood thinners such as Coumadin, please stop taking these 4 days prior to surgery.

DAY BEFORE SURGERY:

1. On _____, you will receive a call between 1:00 p.m. and 2:00 p.m. to confirm your time to arrive at the hospital on the day of your surgery. If no one is available at your number, a message will be left. If you have not heard from us by 3:00 p.m., please give us a call at 238-4771. Please remember surgery schedules are subject to change because of emergencies, unforeseen delays and cancellations. We apologize for any inconvenience you may experience.

2. Drink 6 to 8 glasses of water the day prior to your surgery.
3. **DO NOT** eat or drink **AFTER MIDNIGHT** the night before your surgery. If you do, your surgery may need to be cancelled or delayed.
4. **DO NOT** smoke the night before or morning of your surgery.

DAY OF SURGERY:

1. You should plan to wear comfortable and loose fitting clothing to the hospital. **DO NOT** wear any makeup or jewelry. Leave your money and valuables at home. If you wear glasses or contact lenses, please bring cases for these.
2. You are requested to limit your visitors to two family members per patient. Others may be allowed at the discretion of hospital staff.
3. Do not bring small children with you on the day of surgery. Please make arrangements to leave your children in the care of others.

4.

DO NOT take insulin, oral hypoglycemics (sugar pills) or diuretics (fluid pills) the day of surgery. Please take the following medications on the morning of surgery:

If your arrival time is prior to 7:00 a.m., take your medications at 5:30 a.m. with a sip of water (less than 2 tablespoons). If your arrival time is after 7:00 a.m., take your medications at usual times.

5. If you are having outpatient surgery, a responsible adult must drive you home.

6. When you arrive at the hospital, you will check in at the Outpatient Registration office. After you have registered, you may be asked to wait in the lobby. The nursing staff will call when a patient room is ready for you. You will then be taken to a patient room for the nursing staff to get you ready for surgery. You will be given a hospital gown to put on. Your blood pressure and other vital signs will be taken. A physical assessment will be completed by a nurse. You will have your IV started, and any ordered preps will be completed.

7. Your family will be called to stay with you after you have been prepared for surgery. They may remain with you until you are taken to the operating room. Your family members will be directed on where to wait while you are in surgery. Your surgeon will contact them once your surgery is over.

8. After surgery is over, you will be monitored in the Post Anesthesia Care Unit. When you are sufficiently recovered, you will be discharged to your inpatient room or back to the Outpatient Surgery Department.

9. If you are having outpatient surgery, postoperative care will be provided in the Outpatient Surgery Department until you are sufficiently recovered and ready for discharge.