



Preparing For Your Surgery

PreOp phone nurse is available from 7:00 AM to 4:30 PM Monday through Friday to complete your

PreOp call.

You will be contacted 1-2 days prior to your procedure with your expected arrival and projected surgery times. Please keep in mind that your surgery time may differ from that originally stated at your surgeon's office based on surgical suite and equipment availability, and your surgeon's schedule.

We ask that you arrive promptly at the assigned time to allow adequate time for registration, admission procedures, and to ensure that you are properly and appropriately prepared for your surgery.

While SFSH and your surgeon will make every effort to start your surgery on time, instances do arise when a patient's condition requires more surgical time than anticipated. This may cause a minor delay in your scheduled time. Please make flexible plans for your surgery day and bring things to keep busy.

Arrange for a **responsible adult** to be with you for discharge instructions, to drive you home after surgery, and stay with you for the first 24 hours following your surgery. *For your safety, we cannot permit you to drive yourself home or use a ride service.*

Your care partner may remain with you in the PreOp room until your surgery.

The surgeon will call your care partner after the procedure. Please ensure they are prepared to answer their phone. **Discharge instructions** will be reviewed with your care partner following surgery.

Please **shower or bathe** the evening before and the morning of your surgery.

Please Remove Prior to Arriving:

- ALL jewelry, clips, pins, & metal Dark Nail Polish
- Contacts
- Feminine Hygiene Products
- Please avoid wearing heavy make-up

Day Of Surgery

Do **NOT eat or drink anything at ALL after midnight** prior to your procedure. Eating or drinking could cause your surgery to be delayed or canceled. No food, water, gum, hard candy, lozenges, chewing tobacco, etc. *The PreOp nurse will give you specific instructions about eating and drinking during your PreOp call.

Medications the day of surgery: The PreOp nurse will give you specific recommendations for medications during your PreOp call.

You may brush your teeth the morning of surgery.

Wear loose fitting comfortable clothing that is easy to change in and out of. Keep in mind that clothing may need to fit over large dressings and bandages.

You may be asked to provide a urine sample prior to your surgery.

Wear your hearing aids and glasses.

Leave all valuables, including jewelry, at home.

You may want to bring pillows for the ride home.

Sioux Falls Specialty Hospital is a tobacco free campus. The use of electronic cigarettes is prohibited.

What to Bring Along

- Insurance Cards/Prescription Cards
- CPAP/BiPAP Machine
- Braces (if applicable)
- Assistive devices needed for surgery

RCC Patients Spending the Night at SFSH:

Bring all prescription medications in their bottles (do NOT bring pain medications with you)

Bring Crutches, Walkers, Assistive Devices, Knee Brace, Back Brace (if applicable)

Bring essential personal care items in small bag
Visitation Hours: 10:30 AM – 9:00 PM
there is room for 1 adult to stay with you in your overnight room. A pull out sofa bed is available.

Your care partner will be provided 1 meal per day with continental breakfast also available.

After your physician has released you, your nurse will help you plan when your driver should arrive at Recovery Care. For your comfort and security, we strongly advise that someone remain with you for the first few days after you return home and you are required to have someone with you 24 hours after DC

Special Instructions for Pediatric Patients (under 18)

Bring comfort items for your child (toy, blanket, pacifier, etc.)

Bring 2 empty bottles/sippy cups for after surgery, if routinely used at home.

Bring a change of clothes, diapers, and two piece pajamas.

Be sure to use an appropriate car safety seat when transporting your child.

Due to the amount of attention your child may require from you on the day of surgery, we recommend making arrangements for the care of any siblings.

Parents/Guardians of minors **MUST STAY** in the facility at ALL times. A parent or legal guardian must remain in the building for the entire duration of the stay. When the surgery is finished, the surgeon will visit with you in a private room.