



Preparing For Your Procedure

Surgical Services

Onslow Memorial Hospital
317 Western Blvd.
Jacksonville, NC 28546

Phone Number 910-577-2345

Before Surgery

Preparing For Your Surgical Procedure

- You will receive a call from scheduling/ registration to verify the correct spelling of your name, address, and to review your insurance information.
- You will be called the day before your procedure with your arrival time, which will be about 2 hours prior to your scheduled procedure start time. For your safety, during this time you will meet many members of your care team. An anesthesia provider who sees all our patients will meet with you to talk about your anesthesia plan and to answer questions you may have about your anesthesia.
- If you have a rash, fever, cold, nausea, or vomiting within 24 hours prior to your surgery, please call your surgeon. It may mean that your surgery will need to be postponed.

We will work hard to keep you informed and ensure you are provided with excellent care in all phases of the surgical process.

Please know that there is always the potential for delays and time changes related to emergencies or other cases that may take longer than expected. If any delays arise, we will keep you informed.

A delay may also occur if bed availability for an overnight stay or admission is limited due to higher-than-expected census. During these times, your health care team will discuss your options. Options may include being safely discharged home after surgery if appropriate, staying in the recovery area for an extended time until a bed becomes available, or postponing your surgery until the hospital census returns to normal.

Parents of Children Coming to Surgery

- Please bring formula, pacifiers, a bottle and/or sippy cup, and diapers. Your child will need these items after surgery.
- All minors (18 years or under) must be accompanied by a parent or legal guardian, who must stay at the hospital the entire time the child is here.
- If you are the legal guardian but not the child's parent, you will need to bring a copy of the signed and notarized legal guardianship paperwork if we do not already have it saved in the medical record.
- Your child will need your attention after surgery. Please arrange for siblings to be cared for at home. If this is not possible, we ask that you bring a second adult with you to help with their care.

Transportation

You will need to have a driver who is 18 years or older to get your discharge instructions, take you home, and stay with you the first 24 hours after surgery. You cannot drive yourself or be left alone.

- We ask that the driver stay at the hospital during your surgery in case the surgical team or the surgeon/physician needs to talk with him or her about your care.
- For your safety, we will not allow you to use a taxicab, Uber, or Lyft to go home, unless a responsible adult rides with you. This does not include the driver of the car service.

Advance Directives

- If you have an advance directive (living will or medical power of attorney), please bring a copy with you to registration. It will be scanned into your chart.
 - All advance directive forms (living will or medical power of attorney) must be completed, signed, and notarized before the day of your procedure.
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Important Instructions

- **ADULTS SHOULD NOT EAT OR DRINK ANYTHING AFTER 12 A.M. (midnight) THE NIGHT BEFORE AND UP TO THE TIME OF SURGERY, unless instructed to do so.** This includes candy, gum, mints, water, black coffee, cough drops, snuff or chewing tobacco. Failure to follow these instructions may cause your procedure to be canceled.
- Do NOT smoke, vape, chew tobacco, drink alcohol, or use illegal drugs for 24 hours before your procedure.
- Take a shower or bath and shampoo the night before and/or the morning of surgery. If you are provided special soap, use soap as instructed (see instructions at the back of this booklet).
- After showering, DO NOT apply makeup, deodorant, lotion, powder or perfumes.
- **Prior to surgery, please make sure clean bedsheets are put on your bed.**
- **Wear clean pajamas when you get home after surgery.**
- Do NOT shave or wax the area near your procedural site within 72 hours of your procedure.
- Remove any colored nail polish. Only clear polish is acceptable.
- For the sake of your privacy and the limited space in the surgical preparation rooms, no more than two visitors will be able to accompany you in the surgical preop and postop areas. Let family and friends know that you will be at the hospital for a brief time and they should plan to visit you at home.
- Please leave large sums of money at home.
- Children are not allowed in pre-op area. They will need to stay in the lobby with a responsible parent or guardian.

Day of Surgery

The Morning of Your Procedure

- Adults should not eat or drink anything after 12 a.m. (midnight), unless otherwise directed.
- Wear clean and comfortable clothes for discharge.
 - For shoulder surgeries, please bring an oversized T-shirt that you can wear for discharge.
 - Loose jogging pants, sweatpants, or shorts work well for large foot or leg dressings.
 - The hospital will provide a gown and a pair of nonskid socks to wear during your stay.
- Take off all jewelry, including all body piercings. You will be asked to remove these items and any hairpins, hairclips and watches prior to surgery.
- Leave all valuables at home.
- Brush your teeth. Do not swallow the water.
- You will be asked to remove your contacts, glasses, dentures, hearing aids and/or partials before surgery. We will give you a container if you have dentures or a partial to be removed. Please bring a container for your contacts and a case for your glasses.
- If you use an insulin pump, home oxygen, or have an ostomy, bring any necessary supplies with you.
- If you have any implanted devices with an external controller like a spinal cord stimulator, please bring the controller with you to the hospital.
- If you are spending the night, please leave your overnight bag in the car. Your support person can get it later when you go to your room.
- For leg, knee and foot surgery:
 - If you have crutches or a walker, bring them with you.
 - Wear sturdy shoes, for example, tennis shoes or loafers.
 - A good comfort measure for the ride home is elevating your leg on 1 or 2 pillows.

When You Arrive

- Enter the Surgical entrance of the hospital the morning of your procedure for registration.
- Bring your picture ID and your insurance card(s). You will need these to complete the registration process.
- Any copays due will be collected at registration, if required.
- After checking-in, we will begin to prepare you for surgery. We review all of your paperwork and ensure that your procedure is scheduled accurately as well as any other important health care information is noted.
- Any visitors will need to show their picture ID when they enter the hospital.
- Depending on the type of surgery, we may perform additional steps to reduce your risk of surgical site infection. This may include using a nasal swab to kill germs in your nose or special cleaning cloths to kill germs on and around your surgical site.

The Recovery Process After Your Surgery

- After your procedure, you will be in the Post Anesthesia Care Unit, also called PACU or Recovery Room. Recovery time varies for each patient. Family members are not usually permitted in this area. Exceptions are sometimes made, such as pediatrics patients.
 - After recovery in the PACU, you will return to Ambulatory Surgery Unit (ASU) if you are going to be discharged. Family members and/or your driver will then be asked to join you.
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Discharge Instructions for Your Recovery

- Discharge instructions will be reviewed with you, your responsible adult driver or family member, who must be at least 18 or older. You will be given a copy of your discharge instructions covering your recovery, pain, nausea, and any signs of postop infections. Signs of infection to look for are redness, swelling, pain, bleeding and increased warmth around the incision. Fever and chills may also be present. If you have any of these symptoms, please report them to your surgeon.
- Your surgeon may provide you with specific instructions to help your recovery that are specific to your surgery and outcomes.
- Any prescriptions the surgeon may prescribe will be sent electronically to your pharmacy of choice.
- Do not drive or use any complicated machinery for 24 hours.
- Do not make important decisions or sign any legal documents for 24 hours.
- **You will need to have someone stay with you that is 18 years of age or older for 24 hours.** If you have any problems once you are at home, go to your nearest emergency room or call your surgeon's office. Your surgeon's phone number can be found on your discharge instructions inside the discharge folder.

Infection Prevention

What You Can Do to Help Prevent Infection Before Your Surgery

- Discuss any health problems that you have with your doctor such as Diabetes. Good control of your blood sugar will help reduce the risk of getting an infection.
- Follow any instructions you have received about showering including using any special soap that your doctor may have instructed you to use.
- Quit smoking. If you are unable to quit smoking, attempt to decrease the amount you smoke. Smoking delays wound healing and can lead to infection or other complications.
- Avoid shaving near and around the surgical site for at least 72 hours prior to surgery. Shaving can cause small nicks in your skin where bacteria can grow and cause an infection.

What We Are Doing

At Onslow Memorial Hospital, we are committed to your health and wellbeing. Here are a few things we do to prevent infections at your surgical site.

- We clean our hands with soap and water or an alcohol-based hand gel before and after caring for each patient.
- We will use clippers, not a razor, to remove any hair near your surgery or procedure site.
- Your surgical team will clean their hands and arms with antimicrobial soap, wear hair covers, gowns, masks, and gloves in the operating or procedure room.
- We will clean your skin at the time of surgery with a special soap to kill germs.
- We may give you antibiotics before or during your procedure.
- Depending on the type of surgery, we may perform additional steps to reduce your risk of surgical site infection. This may include using a nasal swab and mouthwash to kill germs in your nose and mouth. Special cleaning cloths may be used to kill germs on and around your surgical site.

What You Can Do To Help Prevent Infection During Recovery

- Ask your provider to clean their hands before examining the site.
- Do not allow visitors to touch the surgical wound or dressings.
- Ask all family and friends that visit you to wash their hands before and after visiting you.
- Always clean YOUR hands as well before caring for your wound.
- If you experience any signs and symptoms of infection, such as redness, pain, drainage or fever, call your doctor immediately.

When to Contact Your Doctor

Call your doctor or seek immediate medical care if:

- You have new or worsening nausea or vomiting
- You are too sick to your stomach to drink any fluids
- You cannot keep down fluids
- You are dizzy or lightheaded after anesthesia has worn off, or you feel like you may faint
- You have symptoms of dehydration, such as
 - Dry eyes and a dry mouth
 - Passing only a little dark urine
 - Feeling thirstier than usual

*After office hours call the main Onslow Memorial Hospital, 910- 577-2345, and have the operator page the surgeon or whoever is on call for the practice. If you are still unable to reach your surgeon and need to be seen by a physician, report to Onslow Memorial Hospital Emergency Department. If it is an emergency dial 9-1-1.

Pain and Nausea Management

Pain Management

Your comfort is very important to your recovery. At Onslow Memorial Hospital we strive to control your pain after your procedure. Your doctor may send a prescription for pain medication to your pharmacy. Take this pain medication as prescribed. It may not completely relieve your pain but it should help keep your pain at a manageable level. If you experience severe pain that is unrelieved by your medications, notify your surgeon. You may also use ice. If you had surgery on an arm or leg, elevate it to help with pain relief.



Nausea/ Vomiting

Nausea may be a side effect of anesthesia or some types of surgery. Please tell your anesthesia provider if you have had nausea in the past after receiving anesthesia (or just nausea in general). Medicine can be given before and/or after your procedure for your comfort. If you are experiencing side effects from any medicine given to you during your stay here (nausea, itching, etc.) please tell your nurse.

Pain and pain medicine can sometimes cause nausea as well. If you experience nausea or vomiting, drink plenty of fluids to prevent dehydration. Choose water or other caffeine-free clear liquids until you feel better. When you are able to eat, try clear soups, mild foods, and liquids until all symptoms are gone.

Bleeding

After surgery, it is common to have some minor oozing from the incision. If you experience bleeding that soaks one or more bandages for over 2 to 4 hours, notify your surgeon.

Ambulatory Surgery Pre-op Instructions

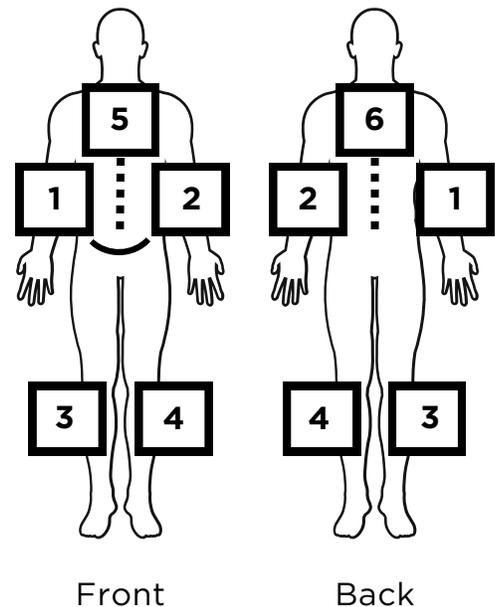
Preparing the skin the night before surgery

Preparing or “prepping” skin before surgery can reduce the risk of infection at the surgical site. To make the process easier, we have chosen disposable cloths moistened with a rinse-free, 2% Chlorhexidine Gluconate (CHG) antiseptic solution. The steps below outline the prepping process and should be carefully followed.

Prep the skin in the following manner:

1. Right arm front & back
2. Left arm front & back
3. Right leg front & back (include groin)
4. Left leg front & back (include groin)
5. Front of neck to pubic hair line
6. Back of neck, entire back and buttocks

Prep the circled area(s) only:



Directions:

If showering or bathing is desired, the water should be warm not HOT. Once prepping with the 2% CHG cloths begins, do not shower, bathe or apply lotions, moisturizers or makeup. Water and ingredients commonly found in personal care products can reduce the antiseptic effects of CHG. Since CHG works best when left on the skin, do not rinse it off. When applying CHG, your skin should be completely dry and cool. When applied to sensitive skin, CHG may cause skin irritation such as a temporary itching sensation and/ or redness. Showering or shaving immediately before applying CHG may enhance this effect. If itching or redness persists, rinse affected areas and discontinue use.

- Do not use on face or genitals.**
- Prepping the patient’s skin: Prep the area(s) circled above as taught at your Pre-op session. **Avoid contact with eyes, ears, and mouth.**
- Allow area to air dry for one minute. Do not rinse. It is normal for the skin to have a temporary “tacky” feel for several minutes after the antiseptic solution is applied.

Medications to NOT Take Prior to Surgery

Hold 7 Days Prior to Surgery

- Phentermine (adipex, suprenza, qsymia)
- Diethylpropion
- All GLP-1 Agonist
 - Exanetide (byetta, bydureon)
 - Lixisenatide (adlyxin)
 - Semaglutide (wegovy, ozempic, rybelsus)
 - Liraglutide (saxenda, victoza)
 - Dulaglutide (trulicity)
 - Tirzepatide (mounjaro)
- Sildenafil (viagra)
- Tadalafil (cialis)
- Vaidenafil (levitra)

Hold 72hrs Prior to Surgery

- Naproxin (anaprox, aleve, naproxen)

Hold 48hrs Prior to Surgery

- Meloxicam (Mobic)
- Ketorlac (toradol)
- Ibuprofen (Motrin, advil, Nuprin)
- NSAIDS (Celebrex, Mobic, Ibuprofen)

Hold 24hrs Prior to Surgery

- Daily GLP- 1 pills

Hold 24hrs Prior to Surgery

Antihypertensive Meds

- Ace Inhibitors
 - Lotrel
 - Benazepril (lotensin)
 - Captopril (capoten)
 - Enalapril (vasotec)
 - Vaseretic
 - Fosinopril (monopril)
 - Lisinopril (prinivil, zestril)
 - Moexipril (univasc)
 - Perindopril (aceon)
 - Quinapril (accupril)
 - Ramipril (altace)
 - Trandolapril (mavik)
- Angiotension Receptor Blockers (ARBS)
 - Azilsartan (edarbi)
 - Candesartan (atacand)
 - Eprosartan (teveten)
 - Irbesartan (avapro)
 - Olmesartan (benicar)
 - Telmisartan (micardis)
 - Valsartan (diovan)

Blood Thinners (Per Cardiologist or Prescribing MD)

- **Plavix (clopidogrel)**
- **Eliquis (apixaban)**
- **Coumadin (warfarin)**
- **Xarelto (ribaroxaban)**
- **Effient (prasugrel)**
- **ticlid (ticlopidine hydrochbride)**
- **asprin products including BC Powder and Goody Powder**
- **Pradaxa**

Medications to NOT Take Prior to Surgery

Hold 24hrs Prior to Surgery

HOLD DIURETICS DAY OF SURGERY

- Acetazolamide (Diamox)
- Amiloride (moduretic)
- Bendroflumethiazide
- Bumetanide (bumex)
- Chlorthalidone (thaltone)
- Chlorthiazide (diuril)
- Eplerenone (inspra)
- Ethacrynic (edecrin)
- Furosemide (lasix)
- Hydrochlorothiazide (microzide, esidrix)
- Indapamide (lozol)
- Metolazone (zaroxoxlyn)
- Methazolamide
- Methyclothiazide
- Spironolactone (aldactone)
- Torsemide (demadex)
- Triamterene (dyrenium)

Diabetic Medication to Hold Prior to Surgery

- Hold all diabetic meds and insulins the day of surgery
- Anyone taking evening insulins, only take 1/2 dose of insulin the night before surgery

Reflux Medication

- Hold day of Surgery
 - Gaviscon
 - Maalox

Before Your Procedure:

- FOLLOW INSTRUCTIONS PROVIDED TO YOU BY THE HEALTHCARE TEAM REGARDING WHICH MEDICATIONS TO TAKE OR TO NOT TAKE.

Day Of Your Procedure:

- If instructed to take medications at home, do so only with a sip of water.
- Nebulizer treatments should be done the morning of surgery before arriving at the hospital.

MEDICATIONS TO TAKE DAY OF SURGERY

- Inhalers
- Seizure meds
- Thyroid meds
- Acid reflux meds
- Suboxone
- Blood pressure medication not on the hold list
- Other medications discussed with you by anesthesia or the preop nurse

Onslow Memorial Hospital Map



