

If you receive regional anesthesia, your family members will be asked to step back into the Family Waiting Room for a short time.

You will be made comfortable and started on oxygen. The Anesthesiologist will give you medication in your IV to help you remain comfortable and relaxed. They will then make the operative area numb with medication under ultrasound guidance. Once the area is numb, your family may rejoin you.

The Operating room staff will come interview you and ask you questions. Although our questioning may seem the same, it is to help us keep you safe during your stay with us.

You will see your surgeon before you go to the surgical area and often times also when you are in the recovery room.

When you return to the recovery room, once you are awake enough, you may have some ice chips. When it is determined you are able, you may have something to drink and a small snack.

You will be given discharge instructions and prescriptions if your surgeon determines you need them. Your driver will be required to sign your discharge papers and a copy will be provided to you.

Once you can tolerate fluids, your IV will be taken out and you may get dressed to leave for home. Family is welcomed to help you get dressed, and then get the car to bring to either the front or rear discharge door.

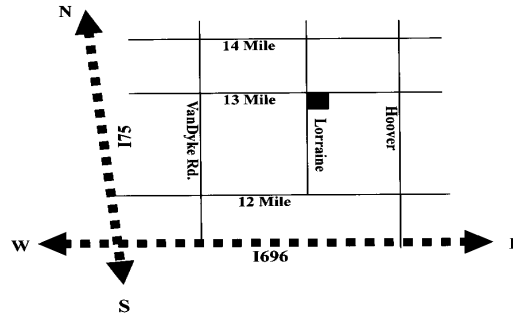
Our staff will escort you to the car by wheelchair according to our policy for your safety.

Please expect a follow up phone call within 24 working hours so that we can make sure your recovery is going well and to address any questions or concerns you may have.



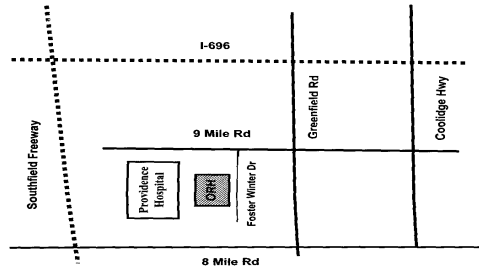
WARREN CAMPUS

Oakland Regional Maccomb Center
11012 13 Mile, Ste. 112A
Warren, MI 48093
Phone: (586) 751-9800
Fax: (586) 751-9818



SOUTHFIELD CAMPUS

Oakland Regional Hospital
22401 Foster Winter Drive
Southfield, MI 48075
Phone: (248) 423-5100
Fax: (248) 423-5199



Patricia C. Gatto RN, BSN, CPAN, CAPA

Surgical Nurse Navigator

248-423-5117

Pre-Operative Information and Instructions



**Welcome to Oakland Regional Hospital
And
Oakland Regional Maccomb Center**

Thank-You for choosing Oakland Regional Hospital!

This informational pamphlet is to help guide you through your surgical experience at Oakland Regional Hospital and Oakland Regional Maccomb Center.

We strive to give our patients and families the best customer service and we truly appreciate your trust in us to be your surgical partner. If you have any questions, please feel free to call and we will do our best to get your answer promptly !

Welcome!

Welcome to Oakland Regional Hospital and to Oakland Regional Hospital Macomb Center...Please read the instruction pamphlet carefully.

A few days before your scheduled surgery, a Registered Nurse will call you to get important health information. It is important that we are aware of any allergies and reactions you may have. We also will ask you about any medications you may take along with dosages and frequency. Other information that will be asked is any previous surgery or any medical conditions you are being treated for.

Please be aware that any time given for your procedure is *tentative*. Unfortunately, many times situations may occur where surgery times may need to be adjusted.. The staff from the hospital will call you the day before your surgery to give you the confirmed time. Pre-operative calls are made between 2 PM and 4PM.

Many times we require you to come in approximately one and one half hours prior to your surgical time. This time is needed for pre-operative preparation. Your pre-operative preparation will include any necessary paperwork, starting an intravenous line for fluids, the Anesthesiologist and the medical doctor on staff to evaluate you, gather any lab work needed and pre-operative anesthesia for pain management in surgery.

Please call the surgery center if you develop a cough, cold, flu-like symptoms or a fever 48 hours prior to your procedure.



GENERAL INSTRUCTIONS

TRANSPORTATION:

For your safety, you *must* have a responsible adult driver to bring you for your procedure and to take you home afterwards. We do require someone to be in attendance at the surgery center during your procedure. If you are having difficulty in getting a ride to and from the hospital, you may arrange for transportation through the Pre-Screening Department.

TO BRING OR NOT TO BRING?

Please wear comfortable, loose clothing. Remember you may need to get your shirt or pants over a bulky dressing and possibly a cast!

Please bring your insurance cards and a valid photo identification. If your injury is the result of a work or auto injury, we will still need your insurance cards for our records. Any claim information you have is always helpful.

If you have asthma or Sleep Apnea, we will need you to bring your inhalers and your CPAP machine with you.

Crutches or a walker if needed, or ordered. Our staff will be happy to assist in teaching you to use them if needed.

Please leave ALL jewelry at home. This includes wedding bands and ANY piercings you may have. We also require that women do not wear make-up or nail polish.

MEDICATIONS:

If you are taking Aspirin, Coumadin, Plavix, Heparin, Lovonox or anything else to thin your blood, Please consult your Primary Physician regarding these medications as soon as you know you are scheduled for surgery. A written clearance for you to stop these medications may be required.

If you are taking any weight reduction medications either prescription, or over-the counter, or any Non-Steroidal Anti-Inflammatory medication, please stop taking these medications as soon as you know you are having surgery.

Many times herbal medications can interfere with surgery by prolonging bleeding times or anesthesia you may receive. Please stop all “natural or Herbal” medication you may be on.

During your Pre-Operative screening, a nurse will call you and tell you which medications to take or hold.

Rule of thumb:

Nothing to eat or drink after midnight the evening before surgery. This includes tic-tacs, breath mints, chewing gum, any fluids including water or any food. Do not smoke.

If your scheduled surgery is to start after 3PM, please call the Surgical Unit at 248-423-5116 (ORH) or 586-751-9800 (ORMC) for special instructions.

If you're told to take any medication before your procedure, please take it with only enough water to get the medication down.

- Blood Pressure Medications
- Heart Medications
- Seizure Medications
- Asthma Medications

If you are a diabetic, only take 1/2 your normal dose of insulin the night before surgery. (Example: if your normal dose of insulin is 40 units at night, only take 20 units). Do not take any diabetic medicine on the morning of your procedure.

DAY OF SURGERY

When you arrive for your procedure, please enter through the main doors. Someone will be there to greet you and direct you to the Surgical area. Please check in with OR reception. You will then be asked to review your information. Please carefully read all documents given you and make sure all information is correct.

The Pre-operative staff will also greet you. You will be required to sign your hospital consents. You will be asked to get fully undressed get into a hospital gown. At that time an I.V. will be inserted and any needed lab work or diagnostic tests will be obtained.

You will be evaluated by the Anesthesiologist and the Medical Doctor. The anesthesiology staff will determine with you the best plan for your anesthesia, either General or Regional Anesthesia.