

After Surgery

After surgery, your doctor will inform your family of your condition. After recovering from anesthesia, you'll return to a room where your family or friends can be with you.

Discharge Instructions

You will be given discharge instructions specifically written by your doctor. Follow them carefully. Depending on your physician, you may or may not be given pain prescriptions that you will need to fill.

Follow-up

A Surgical Services staff member will call you the next business day to check on your progress.

Surgery for Children 0-12 Years Old

Eating and Drinking

A nurse will discuss guidelines with parents. Usually, doctors prefer no liquids or solids after midnight the day before surgery.

Clothing and Hair

Have your child wear comfortable, loose clothing, such as pajamas or a sweat suit. Long hair should be put in pigtails or braids.

What to Bring

We encourage you to bring your child's favorite blanket, toy or both. This will help your child feel more secure.

Transportation

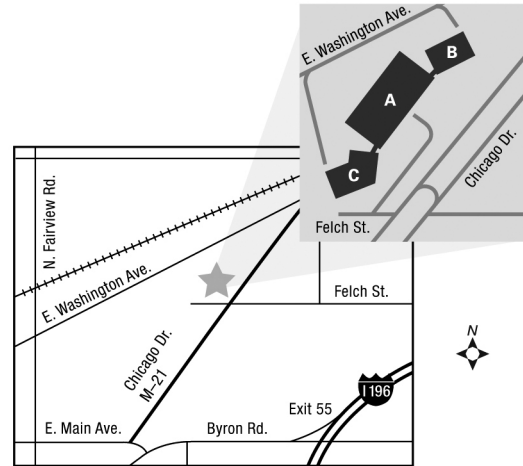
For a safer trip home, we recommend that children under five years old be with two responsible adults—one to drive, the other to comfort or assist the child.

Special Needs

We want the surgical experience to go smoothly. Please let us know your child's special needs.

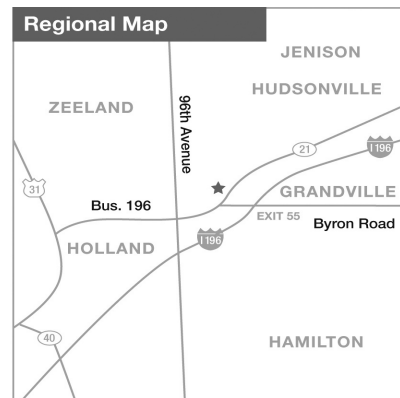
Hospital Location and Map

Use the main hospital entrance. Please register with the hospital receptionist when you arrive.



Map Key

- A** Zeeland Community Hospital
- B** DeWitt Building
- C** Medical Office Building



4/06

Preparing You For Surgery

Information for Surgery Patients



CARING PEOPLE...CARING FOR PEOPLE

8333 Felch Street, Zeeland MI 49464
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NAME	
SURGERY DATE	TIME
REFERRING PHYSICIAN	
PROCEDURE	

Surgery at Zeeland Community Hospital

You may have some questions prior to undergoing surgery. Most people do. At Zeeland Community Hospital, we want to help you feel relaxed, very comfortable and properly prepared.

Before Surgery

If it is necessary for your procedure, we will call you to set up a time for a preadmission visit, which will take about 60 to 90 minutes. During your visit, you will:

- Be interviewed by a nurse and anesthesiologist
- Have any tests (lab work, EKG, X-rays) your doctor has ordered
- Have your insurance information and identification confirmed. (Please bring your insurance cards and driver's license.)
- Have the opportunity to ask questions and express any concerns

During the nurse interview, you'll be asked general questions about your health, current medications and prior surgeries. It is very important that you bring with you a current list of medications, including dosages.

The anesthesiologist will discuss your anesthesia needs and answer your questions. You will also need to sign an informed consent form. Types of anesthesia include:

- Local: Area is made numb by injection
- Regional: An arm or leg is made numb
- Monitored Anesthesia Care (MAC): A local injection plus a sedative

- General: You will be fully asleep
- Spinal: A temporary numbness to the lower part of your body

If a visit is not necessary, you will be called between 1-5 p.m. on the business day before your surgery and given information regarding your procedure.

How to Prepare for Surgery

You will be called on the last working day before surgery with instructions and times specific to your procedure. Your surgery will be cancelled if you don't observe the eating and drinking rules listed below, or if you haven't brought an adult to drive you home.

Eating...Drinking...Smoking

- Until midnight the night before your surgery, you may eat solid foods.
- Until four hours before your scheduled surgery, you may drink only clear liquids in small amounts.
- Four hours before your surgery, take nothing by mouth -- no drinks, solid food, gum or candy.
- We suggest you avoid smoking at least 12 hours prior to your surgery.

Medications

You will be given instructions about medications.

Your Health

Call your doctor if you develop a cold, sore throat or any other minor illness a day or two before surgery.

Cleanliness

To decrease germs on your skin, shower the evening before or the morning of surgery. Use an antibacterial soap, such as Dial.

Transportation

Arrange for an adult to drive you home after your recovery time from surgery.

Minors

Patients under age 8 must be accompanied by a parent or legal guardian during the entire surgical process.

The Day of Surgery

Valuables, Jewelry, Make-up

Please leave all valuables, jewelry and cash at home or with a family member. Light facial make-up may be worn the day of surgery. Nail polish does not need to be removed unless having foot surgery.

Clothing, Lenses, Dentures

Wear casual and loose clothing so you will be more comfortable after surgery. If you wear contact lenses, bring an appropriate container for them. You will be asked to remove them just before surgery. If you wear dentures or a dental bridge, please tell the nurse.

Medications

Please leave all medications at home. If you did not have a preadmission visit, please bring in a current list of your medications, including dosages.

Equipment

You will be informed if you need to bring equipment, such as crutches or a walker.

Arrival at the Hospital

Have someone drop you off at the main hospital entrance. Please register with the receptionist. Before or after surgery, we suggest that no more than two adults be with you.

Preparation Before Surgery

Before surgery, you will be asked to privately remove all your clothing and change into a surgical gown. After this, a nurse will then ask you some questions and check your blood pressure, pulse, temperature, respiration and prepare you for surgery.

During Surgery

Your family will be instructed where to wait. They will be given a pager that will inform them when your surgery is finished. Food is available in the hospital cafeteria or in vending machines located in the Emergency Department. Please ask the receptionist for directions.