

### Preoperative X-Rays

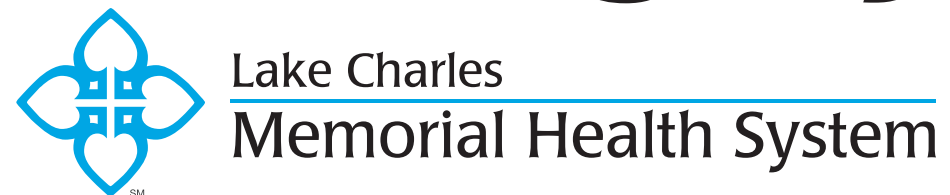
When leaving pre-admission turn left and proceed through the set of wooden double doors between the cafeteria and snack shack. Go straight and take the second hallway on the left. Take an immediate right. Proceed forward to the sign that says Radiology.



Scan the QR code to view all LCMHS maps or visit [lcmh.com/maps](http://lcmh.com/maps)



# Preparing for Surgery



**Your pre-op interview:**  
(Located in Pre-Admissions in the Atrium of Lake Charles Memorial Hospital)

**Date:** \_\_\_\_\_

**Time:** \_\_\_\_\_



**Surgery Date:** \_\_\_\_\_

Report to Same Day Surgery Check-in located on the 3rd Floor at the time given to you by your surgeon's office.

## Before Surgery

### Pre-admission testing phone interview or in-person appointment

Your Pre-admissions/Pre-Op appointment **MUST** be completed before your scheduled surgery date.

#### Your nurse will complete the following with you:

- For your safety, you may be asked the same questions by multiple caregivers.
- Review medications and/or supplements you take. Bring your medications in the original pill bottles or a complete up-to-date list with names and dosages.
- If you take blood thinners like Plavix, Eliquis, or Warfarin, check with the prescribing provider on when to stop taking prior to surgery.
- Review your medical history.
- Confirm the surgery you will be having.
- Review medications to take the day of surgery.
- Advise when to stop eating and drinking before surgery.
- Complete EKG, labs (non-fasting), and chest x-ray as ordered.
- Answer questions or address any special needs.

**Note:** You will receive a call from the surgeon's office with the time of surgery the afternoon before your surgery. For a Monday Surgery, you will receive a time of arrival call on the Friday afternoon prior to your surgery. Surgery times are subject to change.

**Notify your surgeon's office if you develop a cold, sore throat, fever, rash, skin irritation or infection, or any other illness before your surgery.**

## Day of Surgery

#### Before coming to the hospital:

- Shower or bathe using any brand of antibacterial soap and any soap/cleaner provided to you during your pre-admissions appointment.
- Brush your teeth.
- Wear clean, loose and comfortable clothing.
- Remove all piercings and body jewelry.
- Leave all jewelry and other valuables at home.
- Do not wear makeup or lotions.
- Do not wear contact lenses; wear glasses.
- Take any medications told to you by your surgeon or pre-admissions nurse with a small sip of water.

#### What to bring with you:

- Photo ID and insurance card(s), co-payment if required.
- Brace, sling, walker or crutches (if applicable).
- Someone 18 years or older to drive you to surgery, be in the surgery waiting area during your procedure, and drive you home.
- Any paperwork from your surgeon.
- Patients with sleep apnea should bring their own CPAP machine.
- Legal or court documents, for example custody of child, guardianship, foster parent of child or advanced directive.
- Power of Attorney Documents.

#### For inpatient surgeries:

- Pack a small suitcase with basic toiletries and loose clothing.
- Leave all valuables at home.

#### On the day of surgery you will:

- Report to Same Day Surgery for check-in, 3rd floor. Refer to the 3rd floor map.
- Meet the anesthesia and surgical teams.
- Change into a hospital gown, and the nurse will coordinate the following:
  - Document your height, weight, vital signs and allergies.
  - Review medications, medical and surgical history.
  - Review patient consent and obtain signature if necessary.
  - Verify the surgery site.
  - Confirm your designated contact person that will stay in the surgery center to receive updates during your surgery and drive you home.

## Visitors and Updates

- Visitors and family members are welcome in the surgical waiting area. For the consideration of other patients in our area, visitors and family members are not allowed to go with the patient into the preoperative area due to physical space constraints.
- Your designated contact person will receive updates during your surgery.
- Spiritual care services available upon request.
- Visiting children must not be left unattended.

## Surgery for Children

- For your child's safety, it is important their stomach be empty before surgery.
- No solid food after midnight.
  - Formula six hours before arrival time.
  - Breast milk four hours before arrival time.
  - Clear liquids (water, apple juice, popsicles) two hours before arrival time. NO red liquids. NO ice cream. NO exceptions.
- You may bring your child in pajamas.
- Your child may bring a special toy and/or blanket.
- Reassure your child that you'll be with them as much as possible. Our staff will strive to create a nonthreatening, supportive, age appropriate understanding of their surroundings.

## After Surgery

#### Outpatient surgery patients:

- Your surgeon will follow up with the designated contact person after surgery.
- You will be taken to the recovery room immediately following surgery.
- After recovery, you will be admitted to the hospital or discharged to your home.
- Minimizing your pain and ensuring your comfort will be our primary concern.
- Your postoperative nurse will review discharge instructions with you.
- Someone over the age of 18 MUST be available to drive you home.
- If you do not have someone to drive you home, please have a form of transportation arranged.
- No driving for at least 24 hours. We recommend that a responsible adult remain at home with you for the first 24 hours following your discharge.

## Eating and Drinking

- Do not drink alcohol or use recreational drugs for at least 24 hours before surgery.
- No vaping/smoking/tobacco use the day of surgery.
- **DO NOT DRINK OR EAT AFTER MIDNIGHT THE NIGHT BEFORE SURGERY, INCLUDING GUM, CANDY OR MINTS** (unless otherwise instructed).
- Take medications only as instructed.
- Your surgeon or nurse will inform you about any special diets before surgery.