



Mason Health

Mason General Hospital • Mason Clinic

901 Mountain View Drive • Shelton, WA 98584 • 360-426-1611

Surgery

Date: _____

Time: _____

Your Surgery & Anesthesia Services Visit

Preparing for surgery

Prior to your surgery, Mason Health will schedule an appointment for a pre-admit interview. During this phone visit a surgical services nurse will get your medical history, medicine list with doses, and possibly order some clinical testing by your surgeon and anesthesia provider.

Your insurance will be billed for the clinical tests.

Please bring all insurance cards and picture identification. You will sign all required surgical agreements and Medicare forms, if applicable. You will be billed for any balance after your insurance company fulfills its obligation to Mason Health. Questions about your bill after your surgical procedure should be directed to the Patient Accounts office at (360) 427-3601.

The evening before surgery

- If you have a fever, cold or infection of any kind, you must notify your surgeon immediately.
- Eat a light dinner the evening prior to your surgery in accordance with surgeon orders.
- No food after midnight before the day of surgery. This reduces the chance of vomiting which can lead to pneumonia and lung damage.
- Take a thorough bath or shower and wash your hair prior to your arrival for surgery.
- Get a full night of sleep before your surgery.

What to bring, how to prepare

Continue these medications

Unless otherwise directed by your physician, continue taking all your medications until midnight the night before surgery. On the morning of surgery, please take the following medication with a small sip of water:

Stop these medications:

- Wear casual, loose-fitting clothing that can be folded and stored in a small closet or special bag. All patients must wear a hospital gown.
- If your child is the patient, bring a favorite toy.
- Any crutches or slings that you already own should be brought with you if your surgeon says that you need them.
- Remove all makeup including nail polish and perfumes before you arrive. Your skin needs to be visible to surgical staff so we can provide safe care.
- Contact lenses (bring your own case), dentures, hearing aids, and wigs will be removed just prior to surgery. Any foreign object is a hazard during surgery.

Please, no jewelry

With safety in mind, it is very important to remove ALL body jewelry, wedding rings, and body piercings prior to admission to the hospital for your surgery. For safety purposes, if jewelry is not removed prior to surgery, we reserve the right to remove it (including cutting off the jewelry if necessary).

Upon arrival for surgery

Check in at the main entrance information desk. A services selection machine will give you a number when you select your language. Your number will flash when they are available for you.

- The registration staff may need to verify information, collect a deductible or co-pay, or do any clinical tests ordered on admission. When the process is complete, the surgical staff will be notified and one of the nurses will escort you to the surgical center.
- When you arrive in the surgical center the nurse will prepare you for surgery. You must remove all clothing, including undergarments, and dress in a hospital gown. You will also receive a visit from the anesthetist or anesthesiologist. He or she will want to know your medical history and will discuss anesthesia with you.

**For answers to any general questions and concerns, call:
Pre-Admission Nurse
(360) 432-7798**

Accompanying family & friends

Once you are prepared for surgery, one family member or friend may wait with you. They are welcome to use the cafeteria on the lower level.

Surgery times may be changed due to unforeseen cancellations, emergency cases, or medical reasons such as reactions to medications or anesthetic.

We will not be able to give exact times to waiting family and friends.

There is a surgery waiting room for the person who will escort you home, and we will call them when you return to the outpatient department, or when you are ready to be discharged.

Special instructions for children

Patients under 18 years of age must be accompanied by a parent or guardian. One parent must be in the hospital at all times, even when the child is in surgery or recovery.

Please make arrangements for other children to be cared for at home.

After surgery – recovery room

- Receiving general or regional anesthesia requires you to be monitored as you wake from surgery.
- We will update your family or friend of your status. The criteria for discharge are set by your surgeon and anesthesiologist.
- When you are discharged, your nurse will give you verbal and written instructions regarding medications and home care.

After surgery – at home

- Rest for the remainder of the day.
- Do not drink any alcoholic beverages for 24 hours after surgery, or for as long as you are taking prescription or any other pain medications.
- Do not drive or sign any legal document for at least 24 hours after surgery or while taking prescription pain medications.
- The person driving you home must be able to escort you to your door. A responsible adult is to remain with you for 24 hours to help you avoid injury to yourself. Medications and anesthetics can alter your judgment, perception, and reactions, even to familiar surroundings.
- Have a responsible adult available at home for care of any dependents.
- Within a few days of your surgery you will receive a follow-up call from our nurse to see how you are doing and answer any questions and concerns.
- Call your surgeon's office for a follow-up appointment, return-to-work information, or if you have questions.

Partner with your physician to maximize your health care safety

Be honest and complete when you talk with your doctor. Don't hold back information – even if it is embarrassing.

Enlist the help of a family member or friend to be present to take notes or ask questions, and to help recall what was said when talking to your physician.

Speak up if you are confused about treatment, medications, or complications.

Ask for educational materials. Ask your doctor for brochures, instruction sheets, or websites.

Know your treatment plans. Ask about your diagnosis, treatment alternatives, course of care, risks of surgery, and possible complications.

Know your medications. Ask the doctor or nurse about the benefits, doses, and complications of all medicines prescribed for you, and learn the names of your drugs. Tell them if you have drug allergies and if you take any vitamins, herbal supplements, or over-the-counter medicines.

Avoid medication errors. Make sure all health care professionals who give you medicine check your ID bracelet every time.

Prevent wrong-site surgery. Ask the surgeon to sign your surgery site and mark it with ink just before the operation.

Be clear about follow-up care. Ask about pain and pain relief, length of recovery time, physical limitations, and if home assistance will be needed.

Prevent infections. Ask all health care workers and visitors who have direct contact with you if they have washed their hands.

