

## Orthopedic and Sports Medicine Surgery at The American Center

Knowing what to expect is a big part of getting ready for surgery. This handout helps you to learn about:

- Your pre-op clinic visit
- Getting ready for surgery
- Recovery
- Who to call

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

**Your Surgery:** \_\_\_\_\_

**Surgeon:** \_\_\_\_\_

### Address

UW Health at The American Center  
4602 Eastpark Blvd.  
Madison, WI 53718

### Pre-Op Clinic Visit

Before your clinic visit, please:

- ☐ Read this handout.
- ☐ Fill out a Power of Attorney for Health Care, if you wish.

Bring this handout, your medicines, vitamins, and herbal supplements, any medical records that have been given to you, recent X-rays and test results to your pre-surgery clinic visit.

### Inpatient Services

At UW Health at The American Center, you can have surgery and go home the same day. Everything from your admission to your recovery takes place in Inpatient Services. You can find Inpatient Services to the left of the main hospital entrance.

Having surgery may be stressful no matter how simple it is. Our staff will help you through each step of your visit. At home, your family and friends are part of the team helping you before and after surgery.

### Getting Ready for Surgery

#### Caregiver

You must have someone drive you home and stay with you overnight. This person should be over 16 who could drive you to the ER or make a phone call if you need help. This person should be with you when the nurse reviews your discharge teaching. Ask the nurse what time this will happen so your friend or relative can attend. If you cannot find a ride home and overnight help, your surgery will be rescheduled.

One to two days before surgery (or on Friday for a Monday surgery), a nurse will call you. The nurse will let you know when to arrive and where to go. If you do not hear from us by 3 pm, please call the Sports Medicine Clinic at **608-263-8850**.

If you have a cold, fever or illness the day before surgery, please call your surgeon's clinic as soon as you can.

### Steps for Getting Ready

1. Tell your surgeon or nurse if you take any blood thinners. We **may** ask you to stop taking these before surgery.

**Seven (7) days** before surgery, we may ask you to stop taking aspirin or products that have aspirin in them. This includes Excedrin®, Ascriptin® and Ecotrin®. You may also need to stop taking Plavix®, vitamins and herbal supplements.

If you are on Coumadin® or warfarin, we will tell you if and when to stop taking it.

We may tell you to stop taking anti-inflammatory medicines such as ibuprofen, Advil®, Motrin®, Nuprin®, and Aleve®. You do not need to stop Celebrex® unless your surgeon has told you to do so. You can use acetaminophen (Tylenol®) for pain.

2. The night before surgery eat a light supper with small amounts of low-fat foods. Stop eating solid foods and milk-type drinks at midnight the night before surgery. Most patients can drink **only** clear liquids up until 4 hours before surgery begins.

Clear liquids include:

- Water
- Apple or white grape juice
- Black coffee or tea
- Protein water

If your surgery is before 8:30 am, you should have **nothing** to eat or drink after midnight.

Do not chew gum, tobacco or have candy the day of your surgery.

3. Do **not** drink alcohol after 8 pm the night before your surgery. When mixed with anesthesia, it can have serious effects on your body.

4. Try to stop smoking or at least cut back. Smoking delays wound healing and can increase risks from anesthesia. If you'd like help quitting, call the Quit Line at **1-800-784-8669**.
5. Refer to *Health Facts for You* #7938 "Getting Your Skin Ready for Surgery-Adult" for skin prep instructions.
6. Remove nail polish from at least one finger. If you are having surgery on your arm, remove fake nails and nail polish on that side. For hip and knee surgery, remove toenail polish.
7. Try to have a restful night before surgery. If you are coming from out of town, you may wish to stay in Madison. Guest Services can give you a list of nearby hotels and arrange for your stay at a discount rate. Please call **(608) 440-6242**.
8. The morning of surgery, brush your teeth and rinse, but please do not swallow any water.
9. If you have diabetes, we will give you instructions about your diabetes pills at your clinic visit.
10. Please leave items of value and body piercings at home. Please bring a photo ID in case your doctor prescribes you pain medicine and you would like to pick it up at our pharmacy before going home.
11. Bring any inhalers, CPAP machines, glasses, crutches, hearing aids, dentures, prostheses or other things that you will need. Make sure these items are in a case and labeled. Do not leave them in the car.

12. Wear loose clothing and shoes that are easy to get on and off. If you do not have slip-on shoes, you may want to bring slippers.
13. Your primary support person may want to bring something to read or do while waiting.

### **The Day of Surgery**

When you arrive, go to the main check-in desk to register. We welcome all family members on your day of surgery, but you will need to choose one person as your **primary support person**. This is the only person who may stay with you from check-in time until you go to surgery. When choosing this person, keep in mind that they will hear your private health information.

After checking in, a nurse will take you and your primary support person back to a room to ask you questions about your health history and help you get ready for surgery. Other family and friends will be in the waiting room while you are getting ready.

If you receive anesthesia, anesthesia staff will see you before surgery. We will insert an IV. You may also receive medicine to help you relax. You may see staff wearing gloves, goggles and masks. Your primary support person may stay with you until we take you to the procedure room or the operating room (OR).



We will take you to the OR or procedure room on a rolling cart. Once in this room, we will ask you to move onto a small narrow bed. A nurse will be with you to answer questions and explain what is going on.

You may have patches on your chest to monitor your heart, a blood pressure cuff on your arm, and a plastic clip on your finger to check your heartbeat and oxygen levels. We will ask you to breathe oxygen through a soft plastic mask and give you medicines through your IV.

If you are having a general anesthesia, once you are asleep we will place a breathing tube in your windpipe to help you breathe. We may add other lines and monitors while you are sleeping.

### **A Note to Families**

We will give your family a pager and take them to a waiting room. There is space for only your primary support person in your room. We suggest that you leave children at home if you can. After the surgery, your surgeon will talk with your family.

### **Recovery**

If you receive local or monitored anesthesia, we will return you straight to your room. If your surgery requires regional, spinal or general anesthesia, you may go to the recovery room.

In the recovery room, nurses will check your vitals and surgical site. You may spend an hour or more in the recovery room. You will hear noises from the equipment in the room. Family and visitors are not allowed in the recovery room.

When you are ready to leave, we will take you back to your original room. Nursing staff will keep checking on you often. At this time, your family and friends may join you. When you are fully awake, we will offer you fluids and help you walk before you are discharged.

Most patients stay 1-2 hours after surgery is done. Before you go home, we need to make sure your pain and nausea are under control, teach you how to care for yourself at home and help you walk (using of crutches, if needed). Some patients may need to be able to empty their bladder before going home.

### **Pain Control**

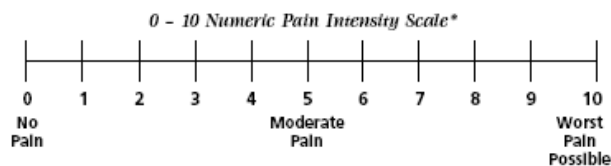
You can work with your nurses and doctors to prevent or relieve pain. Drug and non-drug treatments can help prevent and control pain.

Good pain control helps you to:

1. Enjoy greater comfort.
2. Heal faster.
3. Start walking, breathing and gaining strength quicker.
4. Leave the hospital sooner.
5. Have better results and avoid later problems.

Take (or ask for) pain relief drugs when pain **first begins**. Waiting until your pain becomes severe limits how well the medicine works.

We will ask you to rate your pain using this scale:



Your pain should be at a level that will allow you to walk and sleep with little pain. Rating your pain helps us know how well your pain medicines are working.

Tell the nurse or doctor about any pain that won't go away. Pain can sometimes be a sign of problems.

Pain medicine may cause you to become drowsy, dizzy or lightheaded. Do **not** drive, use machines or drink alcohol while taking prescription pain pills.

Narcotics often cause constipation. To help prevent this when you go home, you may want to increase your daily water or fluids to 6-8 (8 ounce) glasses. It may help to increase the fiber in your diet also.

### **Constipation**

Once you go home, you will need a plan to prevent constipation. Review your plan with your doctor or nurse. Here are some things to include in your plan.

- Eat foods that have helped you to relieve constipation in the past.
- Eat foods high in fiber or roughage. Drink plenty of liquids. Eight to ten 8-ounce glasses of fluid each day will help keep your stools soft. Warm liquids often help your bowels to move. Have a warm drink about half an hour before your planned time for a bowel movement.
- Move as much as you can each day or at least every other day. Increase the amount you walk. Check with your doctor or nurse about the exercises that are best for you.
- Plan your bowel movements for the same time each day if you can. Set aside time for sitting on the toilet. The best time is after a meal.

### **Stool Softeners and Laxatives**

You may need to take a stool softener. This alone may not work. You may need to add a gentle laxative. Your doctor or nurse may suggest taking it on a regular schedule rather than waiting until you are constipated. Check with your doctor or nurse before taking any of these.

### **Tips**

- Do **not** stop taking your pain medicine.
- Aim for a bowel movement every second or third day rather than every day.
- Call your doctor before taking any medicine to treat constipation.
- See *Health Facts for You* #190 “Fiber” to find out more about high fiber foods.

### **Going Home**

At home, you may feel weak and drowsy for up to 24 hours, so take it easy. This is not a good time to make important decisions or sign legal papers. Also, you may want to eat lightly and avoid fatty foods.

You can go home when your doctor and nurses think you are ready. If they feel that you are not ready, we may admit you to the hospital for several hours or overnight.

As you get ready to go home, the nurse will give you supplies you will need at home. If your doctor orders medicine, you may pick it up at our pharmacy. We ask that your friend or relative be present to receive instructions before you go home.

If you need a follow-up visit, we can schedule it before you leave. We will give you the phone number so you may any time with questions or concerns. Outpatient Surgery staff will try to call you the day after surgery to follow-up.

Our staff is dedicated to giving you the best care that we can. We hope this handout has been a helpful start. We **strongly** suggest you bring this handout with you when you come to your clinic visit.

**Who to Call**

|   |                       |
|---|-----------------------|
| Inpatient services<br>(6:00 am to 5:30 pm, Monday – Friday)   | <b>(608) 440-6263</b> |
| Guest Services  | <b>(608) 440-6242</b> |
| Hospital Paging Operator                                      | <b>(608) 262-0486</b> |
| Outpatient Registration                                       | <b>(608) 261-1600</b> |
| Patient Information<br>(for inpatient hospital rooms)         | <b>(608) 440-6400</b> |
| Patient Relations Office                                      | <b>(608) 263-8009</b> |
| Pharmacy  | <b>(608) 240-4265</b> |
| Sports Medicine Clinic<br>(8:00 am-5:00 pm, Monday – Friday)) | <b>(608) 263-8850</b> |
| <b>Toll Free Phone Number</b>                                 | <b>(844) 607-4800</b> |

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 1/2020 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7788