
SURGERY DAY

HOW SHOULD I PREPARE FOR SURGERY?

- Bring a list of any last minute questions you may have for Dr. Huberty
- Someone must drive you home. Please make appropriate arrangements well ahead.
- Regarding your medications- The morning of surgery you should take only your blood pressure medicine with a small sip of water. If you are diabetic, you may need to adjust your morning medicine since you will not be eating. Usually the anesthesia physician will call you the day or night before surgery to discuss your anesthesia plan and to give medication directions for the day of surgery.
- NOTHING ELSE TO EAT OR DRINK BEFORE SURGERY!!! NOTHING...that means NO coffee, NO soda, NO breakfast, etc...
- Wear loose fitting clothes - preferable sweat pants and a button up shirt.

WHAT SHOULD I EXPECT THE DAY OF SURGERY?

- You will go to the surgery center waiting area or the hospital patient check in desk. You will need to fill out some paper work related to your procedure.
- In the preoperative holding area, a nurse will go over all your medical information. They will then have you change into a hospital gown. You may leave your underpants on in most cases.
- You will have a chance to use the restroom.
- You may have to wait a little while for your operation. Dr. Huberty tries to schedule all cases for an appropriate amount of time but please be understanding if delays occur. The operative experience involves many facets and delays can happen at any step along the way. Be assured that for each patient, Dr. Huberty will spend the necessary time in order to do his best. This can be unpredictable which means you may have a wait.
- The nurse will then start an IV (intravenous line). She (or he) will numb up the skin before starting the IV so it is typically a relatively painless process.
- Multiple people will ask you...*"Which side are we operating on?"*. This is a very serious question, so please don't make jokes regarding this question at any time.
- You will meet your anesthesia physician. They will likely have called you the night before to discuss your planned anesthetic. You will have the opportunity to discuss this plan again and have all your anesthesia related questions answered.
- Dr. Huberty will confirm with you the operative site and then he will write his initials on this location. He will discuss the operative and postoperative plan with you and answer all of you and your family's questions.
- At this time, if you wish, the nurse will give you a gentle sedative medicine to calm your nerves.
- The nurse will give you a powerful antibiotic through your IV to decrease the chances of you getting a postoperative infection.

- If discussed and agreed upon between you, the anesthesia physician, and Dr. Huberty, then the anesthesia physician may perform a “peripheral nerve block” while you are sedated. This is a minimally uncomfortable injection to help significantly diminish your postoperative discomfort.
- Some patients will need to have leg stockings put on their legs to decrease their chance of developing a blood clot.
- A nurse will then shave the operative site of hair (if necessary) and then scrub the site with hibiclens (a special soap).
- Now you will be ready to head back to the operating room.

HOW DO THINGS GO IN THE OPERATING ROOM?

- The OR nurses and assistants will all introduce themselves to you as you enter the room. You may or may not remember any of this depending on your reaction to the sedative medicine.
- The anesthesia physician will place some monitors on your skin to monitor your heart and blood pressure and oxygen levels throughout the case.
- Your vital signs and your sleep level will be monitored very closely throughout your surgery. You will NOT wake up during the surgery and you will not remember anything that occurs after you are put to sleep!!!
- The anesthesia physician will then talk to you as he or she gives you medication through your IV to help you sleep.
- Once you are well asleep, Dr. Huberty and the OR team will position you as appropriate for your surgery. They will take special care to place you in a comfortable position.
- Your operative site will then be thoroughly cleansed with betadine or chloraprep. This will help to sterilize your skin to prevent infection. This may leave a yellow or brown tinge to your skin for several days. Do not worry...this is normal.
- Dr. Huberty will then proceed with your surgery.
- Once he has completed the surgery and has put the surgical dressings on, we will place you back onto your stretcher and the anesthesia physician will start to allow you to slowly wake up.
- It is now time to head to the recovery room.

WHAT IS THE RECOVERY PROCESS LIKE?

- The OR team will now communicate with the recovery room nurses to coordinate your care.
- The recovery nurse will be checking your vital signs very closely as you wake up. If it is apparent that you are in pain - they will give you appropriate pain medications. As you wake up they will start to inform you about your surgery. They will also invite your family or companion to come back to sit with you as well.
- The recovery room nurses will ask you to rate your pain on a scale from 1-10 so that they may most effectively treat your pain and minimize other side effects.
- Once you are quite coherent, they will begin to review your postoperative instructions. Your family will be beside you during this time to hear all of these instructions as well.
- It will now be time to leave the hospital or surgery center.