

DEAR PATIENT,

*Thank you for choosing our doctors for your surgery.*

*Over time, and with years of experience, we have learned that a partnership with the patient and family offers the best outcome. For this reason, we have adopted this booklet as a guide for your surgical visit.*

*Your surgical process begins the moment you learn surgery is necessary. The entire process encompasses the day and weeks prior to surgery, the day of surgery, your hospital stay and discharge home, and your recovery period.*

*Please keep this booklet with you during your hospital stay. Regardless of your surgical category – Same Day Surgery, Outpatient Surgery, or In-Patient Surgery – it is critical you and your family review the enclosed materials promptly. You may discover something that needs to be addressed immediately.*

*As always, please ask for assistance at any time during your surgical experience. You have a wealth of resources in your health care team.*

*I understand that I am responsible for reading this booklet and understanding its contents.*

*Patient Signature*

*Date*

## ABOUT YOUR AMBULATORY (OUTPATIENT) SURGERY

An outpatient procedure has the advantage of allowing you to recover in the comfort of your home. Rest assured we are available to you 24 hours a day in case you may have any concerns or problems. This guide will answer most of your questions regarding your postoperative care and how to get ready for your surgery.

### WHAT TO DO BEFORE THE SURGERY

- Do not eat or drink anything after 12 mid-night before your surgery, unless otherwise instructed.
- Do not chew gum or use chewing tobacco after 12 mid-night.
- Do not smoke after 8:00 p.m. the evening prior to your surgery/procedure.
- If you routinely take medications in the morning (especially *blood pressure* medication), take these with a **sip of water** early the morning of surgery. **If you are a diabetic**, do not take diabetes medication (pills or insulin) on the morning of surgery. Please notify a member of your health care team that your blood sugar must be checked.
- **STOP 7 days before surgery:** Aspirin, NSAIDS (Motrin/Ibuprofen), Vitamin E, herbal medicines, diet pills.
- **STOP 5 days before surgery:** Blood-thinning medications such as Coumadin, Plavix and Ticlid. You must contact the doctor who monitors these medications and get approval before you stop taking any doses. **If you stopped taking you Coumadin, you will need to ask your surgeon when should you start taking it again.**
- Do not bring valuables to the hospital/surgery center with you, such as jewelry, watches, rings, etc...(including body piercing jewelry).If you wear glasses bring a case to place them in.
- Please bring a list of your home medications including any over the counter medications. If you are taking any herbal medication please tell us. Also, bring all your medications with you.
- If you have an advanced directive (living will or health care power of attorney) please bring a copy with you.
- Wear comfortable clothing the day of your surgery.
- Remove makeup, nail polish, and/or body piercing before coming to the hospital.
- Follow the directions for your bowel prep if you require one. Sometimes it may take some time before it starts working. If you have problems with vomiting or if you are unable to follow the directions for any reason, please call the physician on call at 843-853-7730
- You must have a responsible person drive you home and stay with you for 24 hours. **You must understand the following:**
  - **A bus driver or cab driver is not a responsible caregiver.**
  - **You cannot stay in a hotel alone after outpatient surgery.**
  - **Your surgery will be canceled if you do not have someone to take care of you on the way home and to stay with you for 24 hours after surgery.**

### WHAT TO DO AND WHAT TO EXPECT AFTER THE SURGERY

## **DIET**

- Keep a low residue diet for 5 days and progress to your normal diet. (see below)
- Report nausea and vomiting to your doctor

## **MEDICATIONS**

- No aspirin or aspirin containing products for 5 days unless otherwise instructed by your doctor or nurse. (including Anacin, Excedrin, Goody Powder, BC, Ecotrin, Alka-Seltzer, etc.)
- No nonsteroidal antiinflammatory drugs (including Advil, Motrin, Nuprin, Aleve, Voltaren) or any arthritis medications for 5 days, unless otherwise instructed by your doctor or nurse.
- Resume your routine medications.
- Take your prescribed pain medicine as needed, but remember those medications are usually a cause for constipation which you want to avoid at this time.

## **ACTIVITY**

- Light activities only for first 12 hours following procedure
- May be up and about as desired
- May return to normal activities the following day unless otherwise specified
- Do not drive or operate machinery until the morning following your procedure or while taking pain medicine.
- Important decision making should be delayed until the following day
- Alcohol and/or sedatives should be avoided until the following day as they may interact with medications given during your procedure. They may also interact with narcotic pain medicine. Therefore, you shouldn't mix these substances

## **WHAT TO EXPECT/DO**

- Sit in the tub with warm water up to at least the mid abdomen several times per day. This will significantly help with your pain control. You may start doing this as soon as you arrive home. You may need some assistance getting in and out of the tub.
- Streaks of blood may be seen in the stool after surgery. Please inform us if there is significant bleeding. This would be blood continuously dripping out or running down your legs.
- Mild nausea may occasionally occur, this is usually temporary. If persistent vomiting occurs, contact your physician
- If you develop a fever greater than 101° contact your physician immediately at 843-853-7730.
- If you are unable to void 8 hours after surgery, contact your physician immediately at 843-853-7730
- If you don't have a bowel movement within 3 days after surgery, take 1 tablespoon of milk of magnesia. You may repeat it 4 hours later.

## LOW RESIDUE DIET

FOODS RECOMMENDED	FOODS TO AVOID
<p><b>BREADS &amp; GRAINS up to 6 servings each day</b></p> <p>Refined breads, toast, rolls, biscuits, muffins, crackers, pancakes, and waffles</p> <p>Enriched white or light rye bread or rolls</p> <p>Saltines, Melba Toast, Rusk crackers, Zwieback</p> <p>Refined ready-to-eat cereals such as puffed rice and puffed wheat</p> <p>Cooked refined wheat, corn or rice cereal</p> <p>Strained oatmeal, grits and farina</p> <p>Refined cold cereals made from corn, rice or oats (Rice Krispies, Cornflakes, Cheerios, puffed rice and puffed wheat)</p> <p>White rice and refined pasta</p> <p>Macaroni, noodles, white rice</p>	<p><b>BREADS &amp; GRAINS TO AVOID</b></p> <p>Any bread product made with whole-grain flour or graham flour, bran, seeds, nuts, coconut, or raw or dried fruit, cornbread, and graham crackers</p> <p>Any whole-grain, bran, or granola cereal, oatmeal, any cereal with seeds, nuts, coconut or dried fruit</p> <p>Bran, barley, brown and wild rice</p>
<p><b>VEGETABLES up to 3 servings each day</b></p> <p>Most tender <b>cooked</b> and canned vegetables without seeds such as carrots, asparagus tips, beets, green or wax beans, pumpkin, spinach, squash (acorn) without seeds, potato (no skin), pureed or cooked strained lima beans, peas (no skin).</p> <p>Strained vegetable juice</p>	<p><b>VEGETABLES TO AVOID</b></p> <p>Raw vegetables and vegetables with seeds, sauerkraut, winter squash, and peas</p>
<p><b>FRUIT up to 2 servings each day</b></p> <p>Most canned or cooked fruits, fruit cocktail, avocado, canned applesauce, apricots, Royal Anne cherries, peaches, pears, (all without skin and seeds), pureed plums and ripe bananas and avocados</p> <p>Strained fruit juice</p>	<p><b>FRUIT TO AVOID</b></p> <p>Raw or dried fruit, all berries</p> <p>Prune juice</p>
<p><b>MILK &amp; DAIRY up to 2 servings each day</b></p> <p>Milk, mild cheese, cottage cheese (as tolerated)</p> <p>Yogurt (no berries)</p>	<p><b>MILK &amp; DAIRY TO AVOID</b></p> <p>Highly flavored cheeses</p>
<p><b>MEAT &amp; MEAT SUBSTITUTES up to 2 servings or total of 6 oz daily</b></p> <p>Ground or well-cooked, tender beef, lamb, ham, veal, pork, poultry, fish, shellfish, and organ meats</p> <p>Eggs</p> <p>Smooth peanut butter</p>	<p><b>MEAT &amp; MEAT SUBSTITUTES TO AVOID</b></p> <p>Tough fibrous meats with marinate meats in juice or gristle, shellfish with tough connective tissue</p> <p>Meat prepared with whole-grain ingredients, seeds, or nuts</p> <p>Fried meats and eggs</p> <p>Dry beans, legumes, peas, and lentils</p>

	<p>Chunky peanut butter</p> <p>Raw clams and oysters</p>
<p><b>FATS &amp; SNACKS (use sparingly)</b></p> <p>Margarine, butter, vegetable oils, lard, mayonnaise, cream substitutes, crisp bacon, plain gravies, and salad dressing</p> <p>Bouillon, broth, or strained cream soups (no corn) made with allowed ingredients</p> <p>Plain cakes and cookies, pie made without nuts and fruit (allowed fruits only)</p> <p>Plain sherbet, sorbet, pudding, fruit ice, gelatin, tapioca, angel food or sponge cake, custard, frozen fruit pops, jelly, plain hard candy, marshmallows, frozen yogurt, and ice cream</p>	<p><b>FATS &amp; SNACKS TO AVOID</b></p> <p>Any made with whole-grain flour, bran, seeds, nuts, coconut, or dried fruit</p> <p>Nuts, seeds, and popcorn</p> <p>Pastries, pies, potato chips</p> <p>Pepper, chili pepper and other hot sauces.</p> <p>Chocolate, raisins, seeds, seed spices, pickles, olives, nuts, mustard, spicy mustard and catsup, relish, horseradish, vinegar, rich gravies</p> <p>Highly spiced salad dressings</p> <p>Jam or marmalade with nuts and seeds</p>
<p><b>MISC.</b></p> <p>Salt, soy sauce, catsup</p> <p>Mild spices in moderation, white sauce</p> <p>Sugar, honey, jelly, syrup</p> <p>Lemon juice, vinegar, vanilla and other flavoring extracts</p> <p>Decaffeinated coffee, herb tea, caffeine-free carbonated beverages, fruit drink</p>	<p><b>MISC. TO AVOID</b></p> <p>Beverages containing caffeine should be used sparingly as caffeine is a stomach irritant)</p>