

HOW TO PREPARE  
— *for* —  
**General  
Surgery**

**PREMIER**  
*Surgical*

# Safe, uncomplicated, convenient, and successful...

Those are the words you hope to use when describing a general surgery experience. You want the best possible outcome from any medical procedure you might undergo and the physicians at Premier Surgical Associates want this for you as well! Believe it or not you can play an active role before, during, and after general surgery to encourage optimal results and proper healing. Inside you will find general tips on how to prepare for and recover from your surgery.



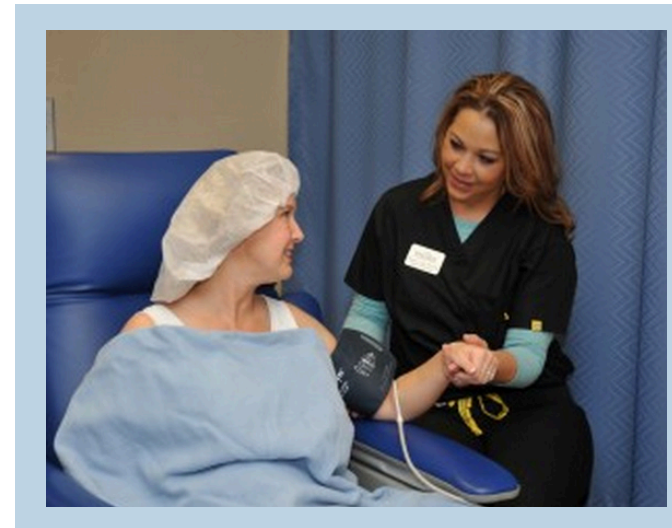


## Before surgery:

- + Take care of yourself. Try to get plenty of rest and familiarize yourself with your procedure and what to expect during recovery. Continue with your normal routine taking into consideration any limitations advised by your physician. Keep in mind the healthier you are going into surgery, the healthier you are likely to be post procedure. So, take steps to prepare yourself emotionally and physically.
- + If there are any significant changes in your health or you become ill, notify your physician. Likewise, if you are a female and suspect you might be pregnant, it is extremely important to talk with your doctor prior to your procedure.
- + Respond to calls from your physician's office or the hospital promptly to avoid holding up treatment and alleviate wait times during the day of the procedure. Keep in mind there are often forms you can fill out in advance to help make the check-in process much smoother.

# Day of surgery:

- + Another adult should accompany you. If it is an outpatient procedure, they should plan to transport you home as well as remain with you for the next 24 hours.
- + Follow instructions given to you by your physician's office in regards to eating and drinking on the morning of your procedure.
- + As for medications, it is imperative you take only those approved by your physician with a small sip of water. For example, if you take medicine to help control your blood pressure, it is important for you to maintain your regiment prior to and following the treatment without missing a dose.
- + You will want to shower or bathe beforehand to minimize the risk of infection.
- + Plan to wear loose, comfortable clothing including flat, slip-on shoes. You will need to remove any body piercings prior to check-in and leave any valuable items or jewelry at home.
- + There are a number of items you should bring with you: current list of medications including name, dosage and how often it is taken, completed insurance forms, insurance card, photo identification, and any applicable co-pays previously discussed with you.
- + If your procedure requires you to stay overnight, you may leave any bags in the car and a family member or friend may retrieve these for you once you are settled in a room.



# After surgery:

- + Take pain medication as prescribed by your doctor. It is strongly recommended to take pain medicine prior to going to bed, even if pain is not present at the moment. Pain often increases at night, which can disturb sleep and your overall healing. If you experience side effects of pain medication (i.e. nausea, vomiting, constipation, itching) call your physician and discuss alternative options.
- + Avoid driving until you have been off prescription pain medication for at least 24 hours
- + Follow your doctor's orders in regards to rest and physical activity. If you run a low-grade fever it is especially important for you to move around and practice deep breathing to mitigate any congestion in the lungs. If you run a fever of greater than 101 degrees, call your physician.
- + Most patients are able to shower within a day but should avoid swimming or soaking in a bathtub for at least five days. Most incisions are covered with Dermabond or a similar glue type product and it is safe to gently wash the area with soap after 24 hours.
- + Use sterile gauze applied gently to the incision site to stop any minor bleeding. If bleeding persists, contact your physician's office.
- + Plan to eat lightly for the remainder of the day following your surgery.
- + Follow your doctor's orders in regards to scheduling follow up appointments after your procedure.



It is important to note every patient is unique and your pre and post treatment may look slightly different than another. You can expect to receive instructions specific to your procedure from your physician. If you have any questions about how to properly care for yourself during any phase of a procedure, please call your provider and talk with a member of the staff. The goal of Premier Surgical Associates is for your scheduled surgery to be as efficient and comfortable as possible.

**To learn more about  
Premier Surgical Associates visit**

[www.premiersurgical.com](http://www.premiersurgical.com)

