

Welcome to the Porter Hospital Surgical Care Center. Our surgical team is committed to providing you and your family with both exceptional and personal care. Your comfort and safety are of the utmost concern to us. Here is what to expect after you have scheduled your joint replacement surgery with us.

### Before Your Surgery

You may need to see your family physician for a routine EKG and/or medical clearance. (This will usually have been scheduled by your surgeon's office prior to your visit with us.)

A **pre-operative appointment** at the hospital will be scheduled for you. When you come for this appointment, check in first with the Admitting Office located near the Emergency Room. You will then come up to the Surgical Care Center.

At the Surgical Care Center, you will meet with a perioperative nurse and a member of the Anesthesia Department. The nurse will review your health history and let you know what to expect on the day of your surgery. **Please bring in a copy of all your medications, including the dosages.** If it is easier for you, bring in all of your medication bottles. The anesthesiologist or nurse anesthetist will review your anesthesia options. You will then meet with a physical therapist in the Physical Therapy Department. From there, you will go to the lab for routine blood tests and, if indicated, to radiology for a chest x-ray.

### Day of Surgery

Shower or bathe with an antibacterial soap either the night before or on the morning of your surgery. Leave all valuables at home. You may want to bring in your own toiletries. **Please do not eat or drink anything after midnight, including water, unless directed to take medications before**

**leaving home.** If you are told to take medications, please take them with a very small sip of water.

If you have preregistered, check in with the receptionist at the Surgical Care Center. If you have not preregistered, check in with the Admissions Office located near the Emergency Room.

You will be brought into a pre-op room where you will get ready for your surgery. Your surgical site will be washed and, if needed, hair will be clipped. Please do not shave the surgical site at home; we prefer to use clippers that help prevent nicking of your skin. We will then ask you to initial your operative site using a special marker. An intravenous line (IV) will be started and you will be given pre-operative antibiotics to help prevent infection.

You are now ready for surgery. We usually have you arrive at the hospital one to one and a half hours before your surgery. Every effort is made to assure that you do not have a long wait. There can, however, be unavoidable delays because of emergencies or other events. If your surgery is delayed, we ask for your patience and understanding as we work toward starting your surgery as soon as possible. We will keep you informed. One or two family members may sit with you while you wait. There is a TV in your room. If you are anxious while you wait, you may request medication to help make your wait easier.

Your surgeon and/or the physician assistant (PA) will be in to say hello and ask if you have any questions. He or

she will also initial your operative site.

When the operating room (OR) is ready for you, an OR nurse will greet you in your room. She or he will check your ID band and verbally verify your name, date of birth, medication allergies and your surgical procedure. We will send your family out to the surgical waiting room. You will then be transported to the operating room, positioned, and given warm blankets. You will be given anesthesia.

After your anesthesia is in place, a catheter will be put into your bladder. If you are having knee replacement surgery, a tourniquet will be placed on your leg. An IV antibiotic will be given. Your surgical site will be cleaned and draped with sterile material. Your surgery will then begin. Your surgeon will be assisted by two surgical technologists. In addition, an OR nurse is present. The nurse anesthetist and anesthesiologist will monitor you continuously.

At the end of surgery, a dressing will be applied and you will be moved onto a hospital bed. You will be

transferred to the Post Anesthesia Care Unit (PACU, also known as the Recovery Room). The OR nurse and the anesthetist will give a report to your PACU nurse.

In the PACU, you will be placed on a heart monitor, your blood pressure will be checked frequently and your oxygenation will be monitored continuously. You will be on oxygen, either by face mask or nasal prongs. The oxygen might be discontinued before you leave PACU. Lab work will be drawn and you may have an x-ray of your surgical site. If needed, pain medicine will be administered, usually through your IV. We use a pain scale from 0 (no pain) to 10 (the worst possible pain). While recognizing that each person feels pain differently and must therefore be assessed individually, many of our joint replacement patients require minimal pain medication while in the PACU. You will spend approximately one hour here.

You will then be transferred to the Medical-Surgical Unit. We will stop at the waiting room so that your family can accompany you to your room.

Thank you for your interest in Porter Hospital's Surgical Care Center. Please contact us if we can be of assistance: (802) 388-4718.

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