

## GENERAL OUTPATIENT PROCEDURES

### What to expect the morning of your procedure

1. Do not eat or drink anything after midnight the day of your procedure.
2. You will be instructed on which medications to take the morning of your surgery.
3. Please bathe, and brush your teeth the day of surgery. Please do not swallow any water while brushing.
4. Notify your doctor or the hospital if you develop a cold, sore throat, cough, fever, or any other illness prior to your procedure.
5. Please leave all valuables and large amounts of money at home. The hospital cannot be responsible for money and other valuables.
6. Please remove nail polish and jewelry, if possible, prior to arrival. If you wear contact lenses please bring your case, as you will be asked to remove your contact lenses.
7. You will not be allowed to drive home. **Please come accompanied by a person who will drive you home.** You are not allowed to take public transportation, taxi cabs, or to drive a car following the procedure. You should not drive, operate machinery, or ingest alcohol for **24 hours** after leaving the hospital.
8. When you arrive at the hospital, you will be registered for surgery. They will then bring you to the Outpatient Services department.
9. You will then be taken to a room to change into a hospital gown. It is not necessary to bring a robe or slippers.
10. You will be asked to sign a consent form. If you are under the age of 18, the permit must be signed by a parent or guardian.
11. A nurse will review your health history, any current medications, and your temperature, pulse, and blood pressure will be taken. An IV will be started.
12. The CRNA will discuss the anesthetic plan of care with you. They will ask about your health history, previous anesthetic experience, and answer all questions.
13. You will be brought to surgery where the surgeon will say hello, and mark the appropriate location for surgery. Then you will be taken to the Surgery Suite.
14. Once the procedure is over, you will go into the recovery phase of the stay. This will either involve a stop in the Recovery room, or you will be "Fast Tracked" back to the second phase of the recovery process. This depends on which type of anesthesia you receive for your procedure.

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### Following your procedure

1. Your vitals will be taken following your procedure. We will try and control your pain. It is important that you communicate what your pain level is. We will use a pain scale of 1-10: 1 being the least amount of pain and 10 being the worst possible pain you have ever been in. It is important that we know what your pain level is to give you the proper medications.
2. The Surgeon will visit with you and your family to inform you about the results of the procedure.
3. We will monitor you for about an hour, possibly longer, depending on how you recover after your procedure.
4. We will be monitoring your vitals, monitoring your pain level, having you eat and drink something, and ensure you use the restroom before you are discharged.
5. You will be given a discharge instruction sheet with instructions to follow for the day following your procedure.
6. If you have any questions, please call St. Joseph's Outpatient Services at (618) 651-2770.

**We look forward to offering you the best patient care, and meeting all of your needs and expectations.**