

What to expect after your surgery

When you wake up:

- You will be taken to the recovery area where a nurse will monitor you and help keep you comfortable and relaxed. You'll stay in the recovery area until it is safe to go to the inpatient or post-operative area.

After your initial recovery period:

- You will either be transferred to your hospital room or taken to the day surgery post-operative area. Your escort will be invited to sit with you, and you will be offered fluids and light snacks.
- Until it is safe for you to go, you will stay in the post-operative area where a team member will take your vital signs and make sure you are comfortable.

When it's time to go home:

- Your nurse will review discharge instructions with you and your escort and provide you with a written copy. If you have a prescription, you or your escort can pick it up at the Outpatient Pharmacy.

Frequently asked questions

Before surgery, do I take my medications as prescribed?

Please do not take any medications on the day of surgery except for blood pressure, heart, thyroid, or chronic pain medications. Take these with a small sip of water.

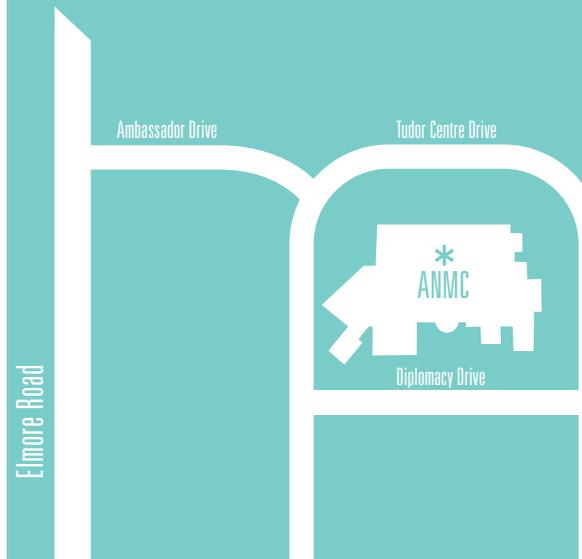
Will I have pain following my surgery?

Everyone experiences pain differently. Please work with your nurse to achieve a comfort level that is acceptable for you.

Can my family members call to see how my surgery is going?

Your identified family members may call Day Surgery at (907) 729-1150 between 6 a.m.-7 p.m. to receive updates.

Notes:



Elmore Road

Ambassador Drive

Tudor Centre Drive

Diplomacy Drive

Tudor Road

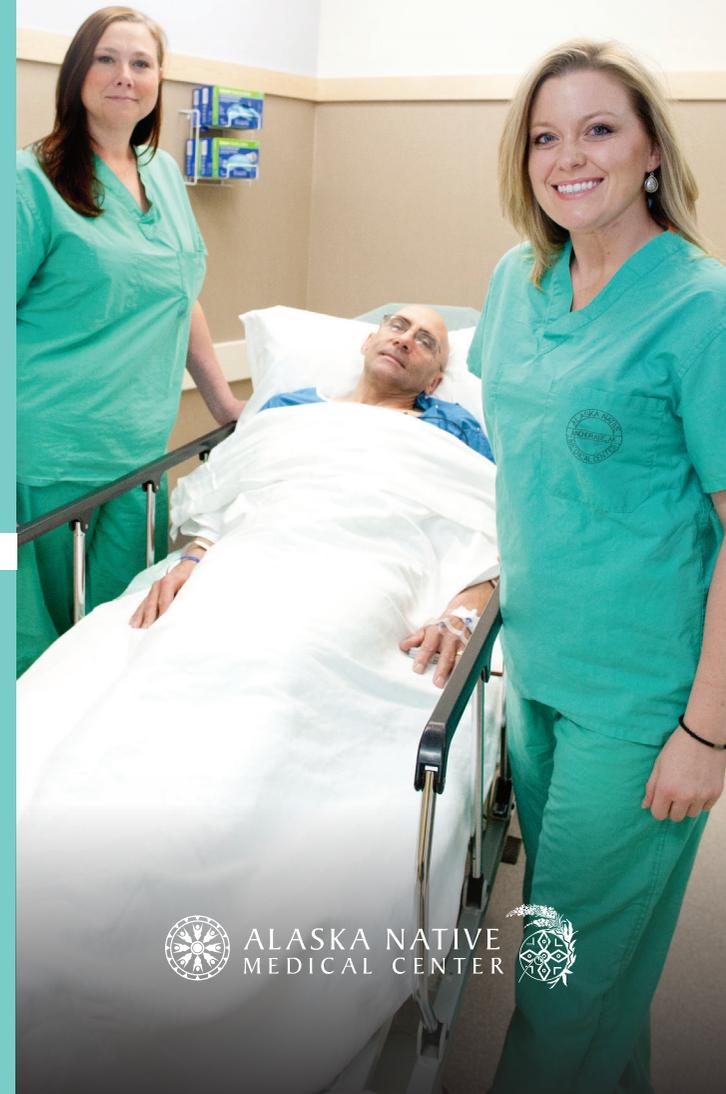


ALASKA NATIVE
MEDICAL CENTER



Alaska Native Medical Center
4315 Diplomacy Drive
Anchorage, AK 99508
anmc.org

Your surgery at ANMC



ALASKA NATIVE
MEDICAL CENTER



Preparing for your surgery

On the business day before surgery, please:

- Call Day Surgery between 5:30-7 p.m. at (907) 729-1150 to confirm your check-in time.
- Provide a contact number so we can inform you of any schedule changes.
- Check in with photo ID at the Admitting Office in the hospital lobby.
- Please arrange to have a responsible adult escort who can stay with you for 24 hours after the surgery. An adult escort is also needed at the time of discharge.

On the night before surgery, please:

- Do not eat or drink anything (including mints, candy, gum, vitamins, water, etc.) after midnight, unless your provider told you otherwise. For your safety, your surgery may be cancelled or rescheduled if you eat or drink after midnight.
- Do not smoke or use tobacco.

On the day of surgery, please:

- Take any blood pressure, heart, thyroid or chronic pain medications in the morning with a small sip of water. If you have diabetes, please do not take any blood sugar medication.
- Do not eat or drink anything.
- Do not smoke or use tobacco.
- Remove any makeup or fingernail polish.
- Remove contacts, glasses, jewelry (including body piercings), dentures and hearing aids before entering the operating room.
- Brush your teeth (avoid swallowing any toothpaste or mouthwash).

- Wear loose, comfortable clothing and shoes.
- Bring all medications you are currently taking with you.
- Bring a book or activity for while you are waiting to be seen.
- Leave valuables at home (including jewelry, cash, credit cards, checkbooks, and anything else of monetary value).

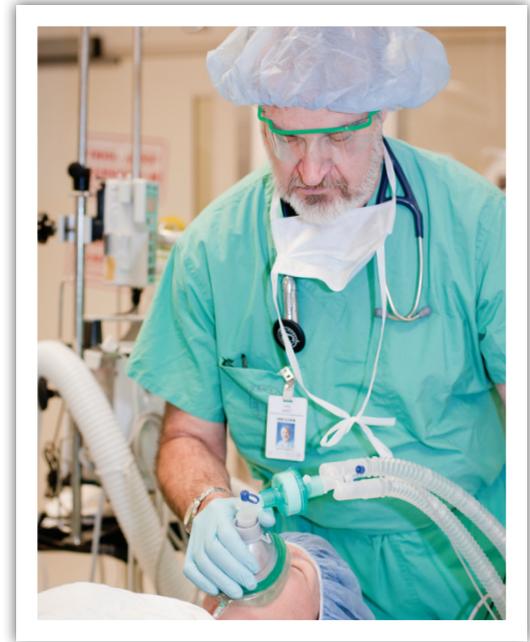
When you check in

Check in:

- Please arrive at your scheduled check-in time. We will do everything possible to ensure your surgery remains on time.
- Upon arrival to the hospital for surgery, go to Admitting on the first floor of the hospital to register and have a patient ID band placed on.
- Then, please check in with Day Surgery on the second floor of the hospital.

Prior to your surgery:

- For your safety, members of the surgical team will ask you to identify yourself by stating your full name, date of birth, and the procedure you are having.
- A team member will take your blood pressure, pulse, respirations, temperature and have you change into your hospital clothing (all undergarments should be removed). Your personal clothing can be held in our patient belongings area until you are either ready to be discharged or admitted to the hospital.
- All females of childbearing age will be asked for a urine sample to conduct a pregnancy test. Women who have not had their period in a year



or longer due to menopause or who have had a hysterectomy are not required to have a pregnancy test.

- Women who have had a tubal ligation or uterine ablation are still required to have a pregnancy test.
- An anesthesia specialist will meet with you to discuss your anesthesia options.
- An intravenous (IV) line will be placed for your fluids and medications. Young children will have their IVs started after they are asleep in the operating room.
- You and your escort will wait in the pre-operative area until the surgical team is ready, then you will be transferred to the operating room on a stretcher for your surgery.