

INSTRUCTIONS FOR THE ORTHOPAEDIC ASC

It is very important that you read and follow these instructions. You will read about getting ready for your surgery and what to do on the day of your surgery. This will help you and your family prepare for your surgery.

If you still have questions about your surgery, call your surgeon's office.

Pre-surgery preparation

The pre-surgery preparation process begins at your surgeon's office. If you need labs and an ECG before surgery, your surgeon will arrange for these. You will fill out the pre-surgery questionnaire at your surgeon's office. On the pre-surgery questionnaire you tell us about your health and tell us how we can reach you 1 to 2 weeks before your surgery for a telephone interview.

During the telephone interview a pre-admission nurse will review the questionnaire with you, ask some additional questions, and tell you about anesthesia and what you should expect at the ASC. For your convenience, this is all done over the phone.

Before your surgery:

Make arrangements:

Arrange for an escort home. You are going home the same day of your surgery and you must have a reliable adult take you home.

Arrange for someone to stay with you for the first 24 hours.

Prepare your home for your return after surgery. Have shopping and laundry done. Prepare some meals ahead of time.

Plan for car rides, as you may not be able to drive for a while.

If you have small children, dependent adults or animals that you care for, arrange to have someone help you watch them during the first few days after surgery.

On the business day before your surgery:

If you do not yet have a confirmed time for your surgery, contact your surgeon's office.

The evening before your surgery:

Diet instructions:

Do not eat or drink after midnight unless otherwise instructed. This includes food, all liquids, hard candy, gum or mints.

Some people are given instructions that allow them to drink clear liquids (water, apple or cranberry juice – NO ORANGE JUICE, black coffee or black tea –NO CREAM, CREAMER OR MILK, and carbonated beverages) up until 4 hours before their scheduled surgery.

Please follow your instructions about eating and drinking. Otherwise, your surgery may be cancelled.

It is very important that you are rested before your surgery, try to sleep.

Write down the name and contact number of the person taking you home from the ASC. You will be asked for this information when you get to the ASC.

Write a list of all your medications and dosages. You will be asked for this list when you arrive at the ASC.

If you plan to have your prescriptions filled at the Mass General West Pharmacy you will need your MGH blue card, money or credit card, and your health insurance card.

Day of surgery:

Remember, do not eat or drink anything unless you were given different instructions.

Medication:

If you have been instructed to take any medication take it with a small sip of water.

If you were told to bring medications to the ASC bring them with you.

Getting dressed:

Wear loose comfortable clothing

Do not wear any jewelry. This includes wedding rings, earrings and any other body piercing. All jewelry must be removed prior to surgery.

Do not wear nail polish, hair spray, body lotion, perfume or make up.

Getting ready:

Do not bring valuables to the ASC.

Bring your glasses and a case for storing them. You will not be able to wear contact lenses during surgery.

Bring your dentures or hearing aides and cases for storing them.

You may bring a book or a magazine to read before you go into surgery.

Bring your MGH blue card.

Plan to arrive at the ASC at the time your surgeon's office instructed you to.

When you arrive at Mass General West:

Go to the second floor of Mass General West and turn right after getting off the elevator. This is the ASC. The phone number is 781-487-2900.

You will get a gown, robe and slippers to wear. You will also get an identification bracelet, which you should keep on until you leave the ASC.

Before your surgery you will meet with a nurse and an anesthesiologist.

Waiting area for your escort, family member or friend:

Once you have gone to the operating room, your escort or family member may wait for you in our waiting area.

A cafeteria is located next door at 52 Second Ave.

Our staff will let your escort or family member know how you are doing and when you will be ready to go home.

After your Surgery:

Immediately following your surgery, you will be taken to a Post Anesthesia Care Unit (PACU). A nurse will care for you until the effects of the anesthesia wear off.

You may have an intravenous line. This is to give you fluids and medication until you are ready to take them by mouth.

The recovery area is large, bright and cool. If you feel cold ask for a warm blanket.

Expect to have pain after surgery. Your nurse will ask you to rate your pain on a scale of 0 – 10 (0 is no pain and 10 is the worst pain). This rating is used to give you pain medication.

Leaving the ASC:

Instructions:

Your nurse will give you instructions before you go home.

You may also have instructions from your surgeon.

Your nurse will review the instructions with you and your escort or family member and give you a written copy.

For your pain:

You may get a prescription for pain medication from your surgeon.

Do not drive while taking prescription pain medication.

Do not drink alcohol while taking prescription pain medication.

Getting home:

You must have a reliable adult escort you home.

Arrange for someone to stay with you the first 24 hours after surgery. You may need help around the house or with getting your prescriptions filled. Do not drive for 24 hours after anesthesia.

A nurse will call you the next day to check on you.

In preparation for your surgery

If you smoke: Try to stop smoking.

You will not be able to smoke while in the ASC. If you would like help with trying to stop smoking call the MGH Quit Smoking Service at 617-726-7443 or call the Massachusetts Smokers Helpline at 1-800-TRY TO STOP.

Important phone numbers:

For questions before your admission:

ASC Pre-Admission Testing 781-487-2930

For Insurance or financial concerns:

Insurance questions 617-726-2294

Patient Financial Services 617-726-2191

If you do not speak English or are Deaf:

Interpreter Services 617-726-6966

TTY 617-724-0354

For questions on the day of your surgery:

ASC main number 781-487-2900

Mass General West Pharmacy 781-522-9090

For concerns about your care:

Office of Patient Advocacy 617-726-3370

*We hope this information has been helpful.
If you have any questions or concerns,
please call your surgeon's office*