

Thank you for choosing Decatur County Memorial Hospital.

As you prepare for your upcoming surgery, please know that every associate has taken a personal pledge to provide you with an experience that is safe, and above all, improves your quality of life.

This guide includes very important information to help you be better informed and more comfortable during your experience with us. While each person is unique, and each hospitalization individualized, understanding what experiences lie ahead will help make your stay less traumatic for you and your entire family.



A member of the Same Day Procedure staff will contact you prior to surgery. If you do not receive a call within 24 hours prior to surgery, please call (812) 663 - 1346 between 8:00 AM and 4:00 PM, Monday - Friday. (preferably after 12:00 noon).

Before Surgery

1. Report to Same Day Procedure Unit if you have pre-registered.
2. Do NOT eat anything (includes candy), or drink anything (includes water), or chew gum after 12:00 midnight the night before your surgery unless you are told otherwise by your physician.
 - a. Pediatrics: The following times are the latest that children can have the liquids listed before their surgery.
 - Clear liquids - 2 hours
 - Infant formula - 6 hours
 - Breast milk - 4 hours
 - Non-human milk - 6 hours
 - Over 6 yrs of age - after midnight
 - Local infant circumcision - may have formula 1 hour pre-operation
3. Smoking is NOT permitted twelve hours prior to surgery.
4. Take a complete bath and wash your hair the night before you come in for surgery.
5. Wear loose clothing that is easy to take off and put on.
6. Do NOT bring a gown or robe with you. The hospital will provide you with a gown.

7. Do NOT wear fingernail polish, make-up or jewelry.
8. Glasses or contacts will be removed and returned to you in the Same-Day Procedure Unit. Bring your container and solution for your contacts if you wear them.
9. Notify your surgeon of any changes in your physical condition such as a cold, sore throat, fever, etc.
10. If you are taking medications on a daily basis, you should know the name of each medication, the amount you take, and how often. Medications will be reviewed in detail during your health history with the nurse. Please have medications available during this review. Make a list of these medications and bring it with you the day of surgery. Please include any over-the-counter medications and/or herbal supplements.
11. No more than two persons should accompany you to the hospital. If you are to receive any drugs that make you sleepy, you must have a licensed driver take you home.
12. Children may bring favorite doll, toy, book, cup, bottle, etc.
13. A consent form must be signed before any medication is given. For minors, the form must be signed by a parent or guardian.

After Surgery

1. Length of stay will vary post-operatively; possibly resulting in overnight stay.
2. NO SMOKING for 12 hours after surgery
3. Although you will be awake and alert in the recovery room, small amounts of anesthesia will remain in your body. You may feel tired and sleepy for the remainder of the day. Once you are home, take it easy and rest as much as possible. It is advisable to have someone with you at home for the remainder of the day.
4. Eat lightly for the first 12 to 24 hours, then resume a well-balanced normal diet. Drink plenty of fluids. No alcoholic beverages for 24 hours.
5. Nausea or vomiting may occur in the first 24 hours. Lie down on your side and breathe deeply. Prolonged nausea or vomiting, or pain should be reported to your physician.
6. Limit your activities for the rest of the day. Do NOT engage in sports, heavy work, or lifting.
7. The five D's:
 - 1- *Discuss* any questions or problems
 - 2- Do not *drive* or operate electrical equipment
 - 3- Do not *drink* alcoholic beverages
 - 4- Beware of *dizziness*
 - 5- Do not make critical *decisions*