

Legacy Medical Group

Information and Instructions to prepare for your surgery

Before Surgery

Arrange for a ride to and from the hospital, as you will not be to drive yourself home.

If you live alone, arrange for someone to stay with you the night of surgery.

Follow your doctor's specific instructions about taking medication.

The Day before Surgery

Do not eat or drink anything after midnight unless otherwise instructed by our staff. This includes: chewing gum or hard candy.

Do not wear makeup or bring valuables to the hospital.

Let your surgeon know if you develop a sore throat or fever

**The evening before your surgery, take a shower using HIBICLENS (chlorhexidine). You can buy this at all pharmacies including The Apothecary at Legacy Good Samaritan. . This may reduce your risk of wound infection. Apply only from the neck down; avoid you eyes, nose, mouth and vagina.

Do not smoke for 24 hours prior to surgery.

Arrival at the Hospital

Valet parking is available from 7 a.m.-4 p.m. Pull into the circular driveway in front of the hospital and the staff will park your car. If you prefer to park your car, you may use the parking structures in Buildings #2 or #3.

It is important to arrive at the hospital at the scheduled time before your surgery or as instructed by our office.

Check in at the main lobby desk. They will escort you to the Short Stay Unit.

Preparing for Surgery

Your anesthesiologist will discuss with you the anesthetic that is best for your procedure.

Nursing staff will show your family to the waiting area and let you and your family know of any unexpected delays.



After Surgery

After surgery, if needed, you will stay in the recovery room then return to the nursing unit. Your medical condition will be watched until you are ready to go home. Written instructions will include your surgeon's phone number to call if you have problems or concerns during your recovery. It is not unusual to feel the effects of anesthesia for two or more days following surgery.

For 24 hours after Surgery, DO NOT:

- Drive a car or operate heavy machinery
 - Drink alcoholic beverages
 - Sign important papers or make major decisions
-

After-Surgery Appointment

Your after-surgery appointment should be scheduled for you when your surgery is scheduled. If you cannot make your appointment or if you do not have an appointment for an after-surgery visit, please call our office. If you need to change your appointment, please contact us 24 hours before your scheduled appointment. Office number: 503-413-5725.