

Your Surgery

SCHEDULING

Your surgeon's office will schedule your procedure at Harrison Bremerton or Harrison Silverdale. Either the hospital or your surgeon's office will call you with the time and day of your surgery. You can expect to receive two to four calls from the hospital prior to the day of surgery.

You may be asked to come to the hospital to meet with a pre-anesthesia nurse, or to have blood work or other tests done to prepare for your surgery. If a hospital visit isn't necessary, a Harrison nurse will call you at home to discuss your surgery with you. During the pre-surgery visit or phone call, we'll gather information about your current health status so that we can better meet your needs when you arrive for surgery. We'll also review important pre-surgery instructions.

PRE-SURGERY VISIT

Bring the following with you to the hospital:

- Picture identification.
- Insurance forms and cards.
- A list of medications, vitamins, and herbal supplements you currently are taking.
- Any paperwork your surgeon or primary care doctor has given you.
- A copy of your advance directives or living will, or any necessary guardianship or power of attorney documentation.
- A list of questions you have about your surgery or stay.
- If you already know it, your arrival time and anticipated surgery start time.

PRE-SURGERY CALL

Have the following ready to share with the nurse:

- A list of medications, vitamins, and herbal supplements you currently are taking.
- Your medical and surgical history.
- A list of questions you have about your surgery or stay.
- If you already know it, your arrival time and anticipated surgery start time.



THE DAY BEFORE YOUR SURGERY

- A nurse from our pre-surgery unit will call you to re-confirm your arrival time, anticipated surgery start time, and answer any questions you may have.
- After midnight the night before your surgery, do not eat or drink anything, including water.
- Do not drink alcohol in the 24 hours before surgery.
- If you develop a cold, fever, or other illness, notify your physician.
- If you suspect you may be pregnant, tell your physician.
- You will be asked to sign a consent form for the surgery, anesthesia, and other medical procedures. For minors, a parent or legal guardian must sign the form and provide any needed documents.
- Arrange for someone to drive or escort you home when it's time to leave the hospital.
- If your physician gives you a prescription for pain medication for after your surgery, you'll want to have it filled at your pharmacy so it's ready for you at home.

SURGERY DAY

- It's important not to smoke on the day of your surgery.
- Shower and wash your hair using any special soap as directed.
- Wear loose, comfortable clothing and low-heeled shoes.
- Leave contact lens at home, if possible. If you'll need your glasses to sign the consent form for surgery, do bring them.
- Wear dentures without adhesive.
- Do not wear or bring jewelry or other valuables.
- Parking is available at the Bremerton campus main entrance on Cherry Avenue. Parking also is available at the Silverdale campus near the main entrance to the Harlow Medical Building.

SURGERY DAY TIME LINE

Here's a brief overview of what you can expect on surgery day. Remember, we'll never leave your side.

- At both Bremerton and Silverdale, check in at the main lobby information desk.
- An admitting specialist will escort you to the surgery waiting area where you will change clothes.
- You'll visit with our surgical team to finalize any necessary paperwork.
- About 45 minutes before surgery, you'll be escorted to our pre-anesthesia area. From there, you'll be connected to monitoring equipment, and your IV will be started.
- The anesthesiologist and the operating room nurse will visit with you, and your surgeon will mark your site, if applicable.
- Before general anesthesia, it's customary to receive medication through your IV to relax you. This also helps reduce nausea after surgery.
- You will be wheeled into the operating room. The anesthesiologist will give you medicine to allow you to drift off to sleep.
- After surgery, you'll be transported to the recovery room where we'll monitor you carefully while you awaken.
- Once you are awake (usually within 45 to 60 minutes), we'll take you to our Level II recovery area where your family can join you. If you are being admitted to the hospital, you will be transferred to your room for continuing care.

It's natural to be anxious. Know that on surgery day, we'll be at your side every step of the way.

We welcome your questions; call 360-744-6695.

WHAT ABOUT ANESTHESIA?

Most likely your surgeon will have discussed the type of anesthesia recommended for your particular surgery.

- General anesthesia is administered by an anesthesiologist. You will be asleep during the surgery.
- If you are to receive a local anesthesia (administered to one particular part of your body), you are likely to first be given a medication to help you relax. Medication also will be given to numb the surgical site.

IS YOUR CHILD HAVING SURGERY?

- Consider bringing a comforting toy or blanket.
- Bring a bottle or sippy cup, if used.
- Please do not bring other children with you, if possible.
- Please let us know prior to surgery if your child has been exposed to a viral infection, such as measles, mumps, or chicken pox.

PREPARING TO LEAVE THE HOSPITAL

- You will be given detailed instructions to help you in your recovery at home.
- A nurse will call you the day after surgery to check on your progress and answer questions.
- Please do not operate machinery, drink alcohol, or take any medications not prescribed by your physician for 24 hours after surgery.
- Your physician will provide necessary medical and surgical follow up.



Staying in Touch

On surgery day we'll ask you to designate a family member or friend with whom we can communicate about your progress, both in person and via pager, which we'll provide. This person also will be given a special badge for easy identification by our staff.

PREPARING FOR SURGERY AT HARRISON

You're in good hands

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HARRISON MEDICAL CENTER

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