

Preparing for Surgery

INFORMED CONSENT

As part of informed consent, your doctor will talk to you about:

- What will be done during the surgery
- Why you need it
- Risks of the surgery
- Risk of not having any treatment
- What other choices you may have

Your doctor will then have you sign a consent form.

You should make sure you understand this information. Don't be afraid to ask questions. Have your doctor go over something if it isn't clear to you.

Pre Admission Testing

A pre-operative examination with additional tests may be necessary. You will receive a letter with instructions of where to go and what to do to prepare you for surgery.

Advance Directives

Advance Directives are instructions given by you that tell us what actions should be taken for your health in the event you are no longer able to make decisions due to illness or incapacity. You will be given a packet when you arrive in the Ambulatory Surgical Unit and questioned about your decision. If you have advance directives, please give a copy to your nurse on the day of surgery. Packets may be obtained during your initial clinic visit.

Smoking and Alcohol

All of our offices and hospitals are smoke-free facilities. In addition, for your own health, there should be no smoking or drinking of alcohol at least 24 hours before surgery. If you require assistance with abstaining, please advise your doctor. Smoking and alcohol can delay the healing process.

YOUR SURGERY

Your surgical experience will occur in four phases:

Phase One

Before surgery, staff will provide you with hospital clothing, an identification wristband, and an explanation of what to expect in the surgical area. They will ask you a number of questions and initiate the paperwork needed to provide your care during your hospital stay. Your family and/or significant others are welcome to stay with you until you are taken to the Operating Room. Your belongings may be stored in a locker if you are here for outpatient surgery. If you will be admitted to the hospital, it is preferable that your belongings are sent home.

Phase Two

While you wait to be taken to the operating room, an Anesthesiologist will administer an anesthesia. He will ask you a few more questions in preparation for your surgery. Your Anesthesiologist will help you decide which type of anesthesia is best for you.

Your Doctor will review the type of surgery to expect, any potential complications, and any alternatives. If not done ahead of time, you will be asked to sign a consent form.

Phase Three

Once in the Operating Room, you will be prepped for surgery. The skin will be cleansed with an antimicrobial agent and shaved if needed. All body areas will be draped except the part that will be operated on. Your Anesthesiologist will be at your side throughout the surgery. Your Doctor will guide the team through the actual operation. Depending on the length and complexity of your surgery, a number of other team members will be present. The team may include Nurses, Surgical Residents, Physician's Assistants, Nurse Practitioners, Surgical Technicians, and Patient Aides.

Phase Four

Once the surgery is complete, you will be taken to the Recovery Room. You will be continuously monitored by a Nurse until you are fully awake and alert. Your Nurse will explain the equipment and any dressings or tubes that were placed on you. You will also be instructed in your level of activity and any exercises that you need to perform during this period. You are kept in this area until you are considered stable enough to be moved; this decision is made by your Anesthesiologist.

Depending on the type of surgery and your post operative condition, you will proceed to one of four areas:

- The Intensive Care Unit
- The Intermediate Care Unit
- The Inpatient Orthopedic Unit
- Home, if it is an outpatient surgery



801-601-4423
3584 W. 9000 S., Ste. 304
West Jordan, UT 84088