

# Your Surgical Guide

## Inpatient and Day Surgery

*Information to help  
prepare you for a safe  
and comfortable  
surgical experience.*



**Monadnock Community Hospital**

*Care comes first*



## Before Surgery

### Presurgical Visit

On the day of your presurgical visit, please report to the Surgical Services Waiting Room. This is located on the first floor after entering the Main Entrance. Your doctor's office will arrange for this visit at the same time your surgery is scheduled. Someone from registration will try to register you by phone prior to this visit, otherwise you will need to register at the time of your presurgical visit. A parent or legal guardian must accompany a minor to this visit. This appointment could take up to an hour, therefore we recommend eating a regular meal beforehand.

### During the Presurgical Visit

- A registered nurse will interview you about the pre- and postoperative periods of your surgery.
- Feel free to ask any questions that you have about your surgery (you may want to write down your questions and bring them to this appointment).
- You may have X-rays.
- You may have an electrocardiogram (ECG or EKG).
- You may have blood drawn, as ordered by your physician.
- You will be asked to verify your health insurance, address, telephone number, next of kin and any allergies/reactions you may have.
- You will be informed of what medications to take on the day of surgery, if any, by the registered nurse interviewing you.
- Please bring a copy of guardianship, emancipated minor or power of attorney papers.
- Please bring a list of all your prescription and non-prescription medications, including dosages and times you take them. The list should include vitamins, herbs, homeopathic and over-the-counter remedies. A medication form is included in this folder for your convenience.

### Preoperative Telephone Interview

A preoperative telephone interview with a registered nurse from the Day Surgery Center may eliminate the need for you to travel to the hospital prior to your surgery.

#### Tips for an effective telephone interview:

- Plan to be available for 30 minutes to review health history questions.
- Have a list of your routine medications and dosages.
- Have a pen and paper available.
- Know your allergies and reactions.



## Day of Surgery

### Surgery Day

On the day of your surgery, please report to the Surgical Services Waiting Room. This is located on the first floor after entering the main entrance. Parking is available in lot B (Handicapped Parking) or parking lot A.

### Perioperative Instructions: Please read carefully

- A parent must accompany a minor. A caregiver, family member or friend must accompany a mentally and/or physically handicapped and/or nursing home patient. Please bring a copy of guardianship/power of attorney papers.
- Follow the eating and drinking instructions given to you during the presurgical visit or telephone interview. Failure to follow these instructions could result in cancellation of your surgery.
- Follow medication instructions given to you during the presurgical visit or telephone interview. When in doubt, bring your medications in their proper containers with you to the hospital. You will be instructed when to resume your scheduled medications following surgery.
- Before surgery, practice deep breathing and coughing to clear your lungs.
- Smokers should not smoke 24 to 48 hours prior to surgery.**
- Please arrive at the hospital at the time given to you. Your surgery could be cancelled if you do not arrive in adequate time.
- You will meet with the anesthesiologist the morning of surgery.**
- Wear clothing that is easy to take off and put on.
- Bathe or shower the morning of surgery to reduce the chance of infection.
- DO NOT WEAR** makeup, perfumes, colognes, hairspray or jewelry.
- Leave your valuables at home. The hospital cannot assume responsibility for your personal items.
- If you wear contact lenses, glasses or hearing aids, please bring a case for them.
- Dentures or removable bridgework may need to be removed prior to surgery.
- If your surgery requires any type of sedative, narcotic/anesthesia, you MUST have a responsible adult to drive you home. Your surgery could be CANCELLED if this arrangement has not been made.**
- Please remember that sometimes surgeries are delayed due to unforeseen circumstances.

### Postoperative Instructions: Please read carefully

- DO NOT** make critical decisions for the first 24 hours following surgery.
- DO NOT** drink alcohol or use non-prescribed drugs for 24 hours following surgery.
- DO NOT** drive a motor vehicle or operate machinery or dangerous appliances for 24 hours following surgery.
- Start your diet with clear liquids. Avoid eating a large meal until the day after surgery.
- Know how to contact your doctor should unusual symptoms arise.
- Your surgeon and the Day Surgery Center staff will give you additional instructions for care following your specific type of surgery.





## Visitor Policy

One family member, friend or significant other will be able to visit you after day surgery as soon as your condition allows. We ask that visitors respect the privacy and confidentiality of other patients, and limit their visit.

Those who accompany you should be prepared for a one- to five-hour wait, depending on the procedure. The length of the wait is determined by the time needed for preoperative preparation, surgery and post-anesthesia recovery.

Your nurse can provide more detailed information.

**Inpatient visiting hours are from 1:00 PM to 8:00 PM**

## Surgical Arrival Time

During your Presurgical Visit or telephone interview, you will be given a specific time to arrive for your surgery. If there is any change to this scheduled arrival time, you will be notified.

## Gift Shop Hours

Monday through Saturday, 10 AM to 4 PM, some evening hours.  
Closed on Sundays.

## Cafeteria Hours

The Cafeteria at MCH offers a wide variety of food and beverages. To get to the Cafeteria, take a right when leaving the day surgery waiting area and follow the signs. Hours are 6:30 AM to 6:30 PM daily. Limited service during some of these hours.

## Making Telephone Calls

Local telephone calls may be made from any of the house phones at MCH by first dialing 9, then the seven digit phone number. All other calls may be reached by first dialing 697-0.