

# The Day of Your Surgery



## What do I need to do the day of surgery?

- ☐ Take the medications the clinic nurse told you to take **with a small sip of water.**
- ☐ Brush your teeth or rinse your mouth but spit out all of the water.
- ☐ Shower using the chlorhexidine (CHG) 4% anti-bacterial soap given to you in clinic. (see page 44 for use)
- ☐ **Do not** use any deodorant, powder, lotion, perfume, aftershave, or makeup.
- ☐ Dress in loose, comfortable clothing and flat shoes. Button down shirts are preferred.
- ☐ Remove all jewelry and leave it at home. This includes earrings, watches, wedding bands, hair clips, and body piercings.
- ☐ Remove all types of contact lenses. Bring your glasses and contact case with you to the hospital.
- ☐ Remove dentures and/or wigs. Give them to your family.

## The Morning of Your Surgery

**Do not eat or drink anything after midnight.**

**You may have a sip of water with your morning medications up to 2 hours before arrival time.**

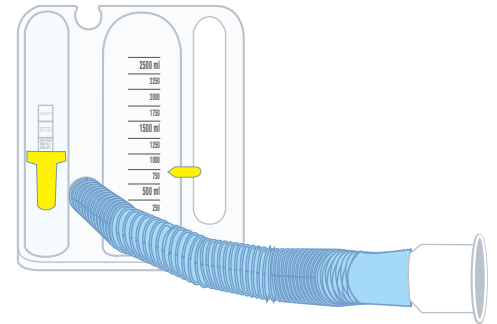


**What should I bring to the hospital the day of my surgery?**

Please bring the following items with you:

- ☐ The Blue Blood Bank Form
- ☐ Cardiac Surgery Education Book. Please be sure to review this booklet prior to your surgery.
- ☐ Your breathing machine (incentive spirometer). Your family should give the breathing machine to the intensive care unit nurse.
- ☐ Completed Inpatient Family and Friends form.
- ☐ Advance Directive/Durable Power of Attorney form. (Completion is optional)
- ☐ You can bring a suitcase with you to the hospital. You may not have your suitcase in the ICU. Your family can bring your suitcase to the Step-Down Unit when you are transferred out of the ICU.

**Incentive spirometer:** Bring this with you.



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**What items should I leave at home?**

Please leave the following items at home:

- ☐ **Do not** wear contact lenses or jewelry to the hospital. You **cannot** wear these in the operating room.
- ☐ **Do not** bring valuables such as credit cards, money or jewelry.
- ☐ Do not bring your medications to the hospital.

# At the Hospital



## What happens when I arrive at the hospital?

Please park in the Cardiovascular Center Visitor Parking Structure (P5).

Address to use in GPS: 1425 E. Ann St. Ann Arbor, MI 48109

Valet parking is available Monday-Friday 5:30am to 7:00pm.

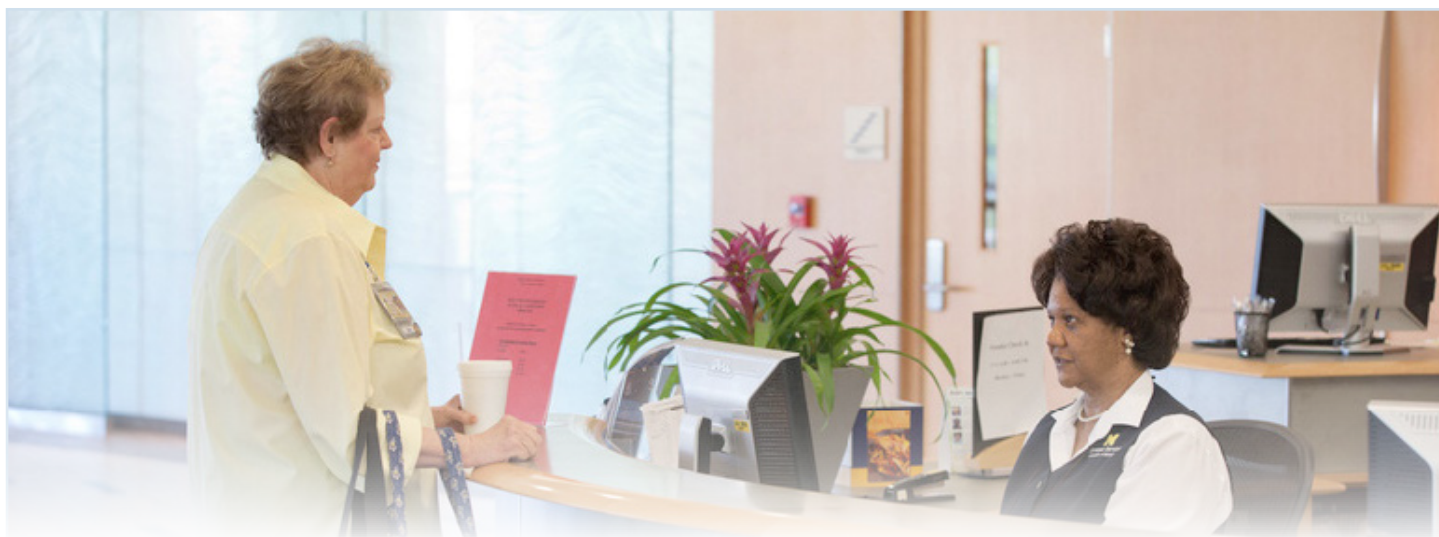


Follow these instructions to get to the **“Surgery Check In”** area:

1. Enter the Cardiovascular Center on Level 3 from the parking structure.
2. Take the Elevators to Level 4.
3. “Surgery Check In” is on the right after you exit the elevators.







When you arrive at the “Surgery Check In” area, your family will receive a pager. The surgical waiting area staff will use this pager to let your family know when your surgery is over. When the pager lights up, your family should check back in with the clerk. The clerk will escort them to a consult room where your Surgeon will talk with them.

Cell phones can be used in the waiting areas but **not** in the pre-op and recovery areas.



## After I am checked in what can I expect?

### Pre-Operative Holding Area

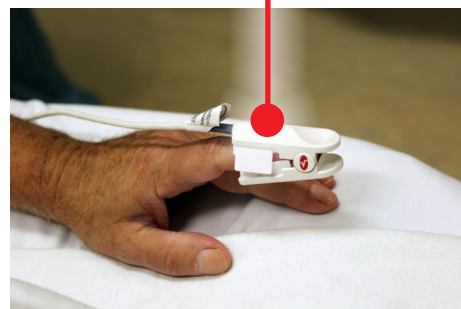
After you have checked in to the hospital you will be directed to the preoperative “Holding Area”, where you will be prepared for surgery. You will be asked to change into a hospital gown and assigned a bed in the Holding Area. A tech will bathe your chest, groin and legs to cleanse your skin before surgery. You will also have the hair on your chest, groin and legs clipped at this time. A nurse will take vital signs, do a nursing assessment, review your medications and when you took them last. Your nurse will also place an intravenous line (commonly referred to as an ‘IV’) to give you medications during your operation.

You will be connected to various monitors that keep track of your vital signs.

Special pads will be placed on your chest to monitor your heartbeat.



A clip will be placed on your finger to measure the oxygen level in your blood, as well as your breathing.



A cuff will be placed on your arm. The cuff will gently squeeze on and off as it monitors your blood pressure.

## Meeting your Anesthesiologist



You will meet your anesthesiologist, who will review your medical records, paying special attention to your past anesthetic experiences. He/she will also thoroughly review all previous tests.

You may be given a mild sedative that will make you feel quite drowsy and comfortable.

General anesthesia uses medications given through an IV to put you to sleep during the operation, and gases to keep you asleep.

## Operating Room

Once you have talked with your surgical care team, you will be moved to the operating room. Here you will notice it is cool, brightly lit, and has many complex pieces of equipment.

At this point, preparations will be made to deliver the anesthetic that will allow you to tolerate your heart operation in a safe and comfortable manner.

You will be asked to breathe oxygen by a mask. The general anesthesia you receive before surgery will allow you to sleep during the operation. After you receive this medication, you will be completely unconscious and pain-free during your surgery.

Once you're asleep (anesthetized), a breathing tube is inserted through your mouth. This tube attaches to a ventilator, which breathes for you during and immediately after the surgery.

A urinary catheter will be placed after you have been deeply anesthetized to drain your urine from your bladder.