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The Brooklyn Hospital Center
Keeping Brooklyn Healthy

Keeping You in the Know:

YOUR SURGERY



Welcome to The Brooklyn Hospital Center and thank you for choosing our doctors and hospital for your surgery. TBHC is committed to providing the highest quality care to all patients and families. Please tell us how we can serve you better and make your surgery as good of an experience as possible.

Things to Know

AFTER SCHEDULING YOUR SURGERY

Date of Surgery: _____

For some patients, testing and other consultations may be required prior to surgery. You may be asked by your surgeon to visit our Pre-Surgical Testing Center where you will meet with medical providers, nurses and medical office associates who will ask you questions. They may need to conduct basic tests, such as blood tests, electrocardiogram (EKG) and chest x-ray.

Pre-Surgical Testing

You are scheduled for a Pre-Surgical Testing appointment:

Date: _____

Time: _____

See back cover for directions to Pre-Surgical Testing.

If you are scheduled to go to Pre-Surgical Testing Center, it is important that you bring these items with you:

- ★ Driver's license or state photo ID
- ★ Insurance card
- ★ Any paperwork your surgeon or primary care provider gave you to bring to this appointment
- ★ Any lab results within the past 6 months
- ★ Results of any EKGs, stress test, pulmonary test or any other test you have had in the past year
- ★ A list of all the medications you are taking (including dietary supplements and herbal remedies)
- ★ Contact information for your pharmacy, primary care provider and/or specialist
- ★ Information about any allergies you have, including those to medications, foods, and/or substances like latex or iodinated x-ray contrast

Medications

Special instructions regarding use of your medication(s) in the days before your surgery may be given to you by your surgeon, anesthesiologist or primary care provider. In particular, please ask your care team about medications that prevent blood clotting (blood thinners, such as Coumadin, Plavix, or aspirin, NSAIDs, and some herbal supplements), medications for your blood pressure, and medications to control your blood sugar.

Stop Smoking

Research has clearly shown that smoking can increase the chances of complications of anesthesia and surgery. In addition, smoking is not permitted inside the hospital facilities. As you are waiting for your surgery, now would be a perfect time to break the smoking habit. For help quitting (counseling, support, nicotine replacement and other aids), speak with your primary care provider.

Things to Know

BEFORE YOUR SURGERY

You will receive a phone call the business day before your surgery

to instruct you of your arrival time. Please call 718.250.6965 or 718.250.8060 if you do not receive a phone call by 4 pm. The staff member who calls you from the hospital will review:

- ★ Arrival time
- ★ Time of surgery
- ★ Diet
- ★ Medications
- ★ Personal hygiene

Do not eat or drink after midnight the night before surgery, with the exception of children younger than 4 years old.

For children younger than 4 years old:

- ★ Baby formula must be stopped at least 6 hours before surgery.
- ★ Breast milk must be stopped at least 4 hours before surgery.
- ★ Clear liquids (water, ginger ale, apple juice) must be stopped at least 2 hours before surgery.

Unless your surgeon, anesthesiologist or primary care provider has said otherwise:

- ★ You may take any routine medications with a small sip of water the morning of surgery. These are usually your blood pressure, thyroid, seizure, heart, or psychiatric medications.
- ★ Do not take any diuretics.
- ★ Do not take any oral anti-hyperglycemics, such as Metformin.

If you are on any insulin therapy, please speak with your primary care provider.

Please take a bath or shower in the morning or the night before surgery. If instructed, please use Hibiclens Antimicrobial Skin Cleanser before surgery.

We recommend that you do not smoke, drink alcohol, or use recreational drugs at any time, but especially 72 hours before your surgery to avoid problems with anesthesia.

Childcare arrangements should be made prior to surgery.

A parent/guardian must remain on the premises for any pediatric surgeries.

Things to Know for **THE DAY OF YOUR SURGERY**

Wear comfortable, loose fitting clothing.

Please do not bring:

- ★ Valuables
- ★ Cash
- ★ Jewelry

Please bring:

- ★ Glasses (with case)
- ★ Hearing aids (with case)
- ★ Dentures (with case)
- ★ State ID
- ★ Insurance Card
- ★ Copayment (if necessary)
- ★ List of current medications (including dosage and frequency)

Please do not wear:

- ★ Dark colored nail polish
- ★ Make-up
- ★ Contact lens

You will be assessed by the nursing staff, surgeon/surgical residents, and anesthesiologist prior to going to the Operating Room (OR).

See back cover for directions to Pre-Op Area.

Things to Know

FOLLOWING YOUR SURGERY

You will be transferred to the post-anesthesia care unit (PACU) or recovery room after your surgery. This is where you will be monitored as you recover from anesthesia.

Please note that you will not be allowed to eat immediately after surgery until you have fully recovered from the anesthesia.

Any complaints of pain and nausea will be addressed in the PACU by our staff.

If you will be staying at the facility, you will remain in the PACU until you recover from anesthesia. Once you have recovered, you will be transferred to your hospital room with your belongings.

FAMILY & FRIENDS

While you're in the OR, your visitors can wait in the Registration Waiting Room.

Family and friends will be notified when you are out of the OR and in the PACU.

Only one visitor per 10 minute interval will be allowed to visit you in the PACU at any time.

One parent will be allowed to remain with a recovering child.

Children under the age of 15 years old will not be permitted in the PACU.

GOING HOME

If you are an ambulatory surgery patient who will be going home the same day of surgery, an escort over the age of 18 must be present to take you home.

Prior to going home, a nurse will review your discharge instructions with you. If you have any questions about any of your discharge instructions, please ask the nurse.

DIRECTIONS

Directions to Pre-Surgical Testing (for questions, call 718.250.8111)

- ★ Enter the hospital and take the set of escalators up two flights to the 2nd floor.
- ★ On the 2nd floor, make a left turn.
- ★ Walk forward and make the next right turn. You should see the sign for the Maynard Building.
- ★ Continue straight and walk over the bridge.
- ★ Pre-Surgical Testing will be the first door on your right hand side immediately after crossing the bridge.

Directions to Pre-Op Area

- ★ Enter the hospital and take the escalator up to the 1st floor.
- ★ Walk forward toward the gift shop and turn right.
- ★ Take the elevators on the right to the 3rd floor.
- ★ After you arrive on the 3rd floor, walk to Registration at the end of the hall by the Garden and waiting area.



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A Clinical Affiliate of The Mount Sinai Hospital
and An Academic Affiliate of The Icahn School
of Medicine at Mount Sinai