

Immediately Before Surgery – What to Expect

1. You may have a pre-operative visit with your physician where you will sign the consent forms for your surgery. (Although many times the consent forms are signed the day of the surgery, as well.) At this time, ask your physician any questions you may have about the procedure. It may be helpful to write down your questions before your visit. If you have concerns about blood transfusion, this is the time to discuss them.
2. You may also have a pre-operative visit with someone from the anesthesia department. They will review your medications and ask some questions about your general health. If you are in good health you may meet the anesthesia team the morning of surgery instead.
3. You will be given instructions regarding diet prior to your surgery.
4. If you are going to have an anesthetic, you will be instructed to not eat or drink after midnight or for a minimum of six hours prior to your surgery.

Questions to Ask Your Doctor at Your Pre-op Visit

Many patients are very anxious at their pre-op visit and forget to ask questions. The following is a list of common questions to review with your surgeon or their support team:

Should I shave my pubic hair?

- In general, shaving a day or two before surgery should be avoided as it is associated with a greater risk for skin infection. Your surgeon may choose to shave near the incision when you are on the operating table.

Can I get my post-op medication prescriptions ahead of surgery?

- This makes the trip home from the hospital a bit easier.

How much time should I plan to be off from work?

- Bring or mail all disability insurance forms as soon as possible. It is good practice to bring these forms to the preop visit so that they can be completed by the appropriate staff.
- Remember to find out if a return-to-work release form is needed by your employer.

What is the typical length of the hospital stay for my procedure?

- How many nights will I be at the hospital?
- Is there a standard discharge time?
- Can I arrange a late discharge? My ride can't come until after work.

Are there any activity restrictions after surgery?

- When can I be sexually active again?
- When can I drive? When can I travel?
- Will I need help at home?
- What sort of diet can I have?
- When can I shower?
- Can I get in a bath/body of water?