Welcome to South Shore Hospital
Thank you for choosing South Shore Hospital for your upcoming surgery.
South Shore Hospital’s surgical team looks forward to providing you with the best care possible. We hope that after you read this pre-surgery brochure, many of your questions will be answered.
A nurse is available to answer any questions you may have (7 a.m.-5:30 p.m., Monday-Friday, excluding holidays).

Before Your Surgery
♦ You will receive a scheduled phone call from a registered nurse from the surgical department. This will be your pre-operative phone interview.
♦ The nurse will review your medical and surgical history, medications with their doses and scheduled times and any allergies you may have. This is a very important step in your surgical process because it helps determine if you will need any further testing (i.e. blood work and/or EKG), medical summary and/or cardiac summary prior to your surgery. Your surgery may be rescheduled if you are not available for your phone interview.
♦ The nurse will not be able to conduct a phone interview if you are driving or unable to write instructions that are given by the nurse.
♦ Because you will be receiving some form of anesthesia, you may require a phone call or visit with the anesthesia team at the Pre-Surgery Evaluation Center, 797 Main Street, Weymouth, prior to day of surgery.
♦ If you are going home the same day, you will need to arrange a ride home with a responsible adult, and you should have a reliable adult with you to assist at home as needed. You will not be allowed to take a taxi home.
♦ Monitor how you feel. If you are having any unexpected illness — such as fever, cough, sore throat or flu-like symptoms — please notify the surgeon as these could postpone your surgery.
♦ Prepare your home for your return. Have shopping and laundry done. Prepare some food ahead. Purchase any recommended equipment (i.e. shower chair, commode).
♦ South Shore Hospital will call you 1-2 business days prior to your surgical date with your arrival time and surgical time.
♦ Parents/guardians of children under 18 years of age may view pediatric surgery video on our website at southshorehospital.org/pediatricsurgery.
♦ Refrain from using any tobacco products or any recreational drugs one week prior to surgery.

Your Medications: Prescribed and Over the Counter
♦ Stop all multivitamins, herbal supplements, erectile dysfunction medication, and anti-inflammatory (Aleve, Motrin, and Advil) 10 days prior to your surgical date. Tylenol (acetaminophen) is safe to take up until your surgery.
♦ Follow the instructions given by your doctors who prescribe your anticoagulants, such as Coumadin, Pradaxa, Plavix, Lovenox, and aspirin.
♦ People with diabetes should follow specific instructions by your prescribing doctor. If you are unable to contact your prescribing physician regarding your diabetic medication (taken either by mouth or injection), the pre-surgery evaluation nurse will review the South Shore Hospital anesthesia recommendations with you.
♦ Take medications as instructed by your doctor or pre-surgery evaluation nurse the day of surgery with sips of water.

Medications to take day of surgery

If you are not being admitted to the hospital, all other medications should be taken when you get home after surgery.

The Day Before Your Surgery
♦ Refrain from alcohol.
♦ Try to drink non-caffeinated beverages to help with hydration prior to your surgery.
Diet Guidelines: Day of Surgery
♦ No solid food (gum, hard candy, breath mints, cough drops or chewing tobacco) after midnight, the night before your surgery.
♦ Your stomach must be empty prior to surgery. If not, your surgery may be postponed or canceled.

Adults and children over the age of 12 years old:
♦ If surgery scheduled before noon, nothing to eat or drink after midnight.
♦ If surgery scheduled after noon, you may have clear liquids before 7 a.m. (i.e. water, apple juice, black coffee/black tea).

Pediatric patients more than 2 years old, up to 12 years old:
♦ Clear liquids until 4 hours before surgery.
♦ No solids or milk after midnight.

Pediatric patients less than 2 years old:
♦ Clear liquids until 2 hours before surgery.
♦ Breast milk until 4 hours before surgery.
♦ Solids and cow milk until 6 hours before surgery.

Personal Care
♦ You may shower the night before or the day of your surgery. You may wash your hair with shampoo, but without conditioner. Please do not apply any hair products such as hair gel, mousse or hairspray.
♦ Do not use any perfume, cologne, skin cream/lotions or powder after your shower.
♦ Do not use deodorant near the operative site.
♦ Do not shave the operative site.
♦ Please remove all makeup, nail polish, hair accessories, contact lenses, and jewelry (including any body piercings) before leaving home.
♦ You will be signing a consent form for anesthesia administration. If you wear reading glasses, please bring them with you on the day of surgery.
♦ Please wear loose comfortable clothing so it may go over your dressing and not disturb your surgical site. It is best to wear secure footwear such as sneakers for safe footing after having anesthesia.
♦ Please do not bring any valuables with you (i.e. wallet, purse or money). South Shore Hospital is not responsible for lost personal belongings.
♦ Please contact your insurance company and establish if you require a co-payment for your surgery. Please bring your co-payment with you on the day of your surgery.

Advice for Family and/or Guardian
Pre-operative Area
After you arrive to the pre-operative area, you will be asked to change into a hospital gown and slippers. You will meet our surgical team of nurses, nurse anesthetists, anesthesiologists and your surgeon.
After you have changed into your hospital gown and your IV is established, a family member or friend may come in and stay with you in the pre-operative area until you are ready to have your surgery.
The pre-operative area may be cool. Please ask your nurse for warm blankets.

Recovery Areas
We understand that waiting for patients while they are in surgery can be difficult and worrisome. Please keep in mind that recovery time varies from patient to patient. Our goal is to reunite patients and their friends/family as soon as possible. Please make sure the concierge has the best phone number for your contact person so we may call them when you are ready for visitation or discharge after your surgery.
Parents/guardians of children who are having surgery that are under the age of 18 may not leave the surgical waiting area. The nurses will bring parents/guardians into the recovery area to be with the child immediately after surgery.

Upon Discharge
You will be given written discharge instructions from your surgeon and anesthesiologist. Because you have had some form of anesthesia, it is best to include the person(s) caring for you during the discharge teaching process. If you or your caregiver(s) have any questions, please do not hesitate to ask during this time of teaching.

After Discharge
You will receive a follow up (post-op) phone call the next day to check on your status at home.
You may receive a survey about the care you received. Again, we are committed to providing you with the very best surgical care and we take your feedback very seriously. So please do not forget that we “Strive for 5.”
Family Centered Care

Our goal at South Shore Hospital is to provide Patient Family Centered Care.

In an effort to maintain privacy and provide the best care to all patients, we ask that you follow these simple guidelines:

♦ Limit use of cell phones.
♦ Speak quietly and keep conversations to a minimum to allow patients to rest.
♦ No food or beverage allowed in surgical area.
♦ Children under 12 years old are discouraged from visiting.
♦ The concierge in the waiting area will be the liaison to keep you updated.

Any Questions

Please contact your surgeon’s office or the pre-surgery evaluation nurse:

♦ General Surgery: (781) 624-8624
♦ Orthopedic Surgery: (781) 624-2804

Other Numbers

♦ Pre-registration: (781) 624-8701
♦ Dolphin Center Waiting Area: (781) 624-3761
♦ 2 Pond Park Waiting Area: (781) 624-2880

Notes

Directions to South Shore Hospital:
Northbound on Route 3, take exit 16; southbound take exit 16B. Travel south on Route 18 (Main St). At third traffic light, turn left on Columbian Street. Turn right on Fogg Road, pass the hospital’s emergency entrance on your right, and then turn right into the main entrance parking lot. Free valet parking is available at the McKim Family main entrance.

Outpatient Center for Orthopedics, Spine and Sports Medicine

From Route 3:
North or south to exit 15, west on Derby Street to left on Pond Park Road. South Shore Hospital Center for Orthopedics, Spine and Sports Medicine is on the left.