Recovery Room Visiting Guidelines

We understand that waiting can be difficult. Our goal is to reunite family/care partner and patient as soon as possible.

Most day surgical patients are awake and alert within the first hour of recovery. Once this occurs, a family member can join the patient until he/she meets the discharge criteria. If the patient requires a longer recovery, a family member can visit briefly, if the patient requests, and then return to the waiting area until the patient is awake and alert. Every effort will be made to include family when discharge instructions are given. Parents of children under 16 years of age will be brought into the recovery area to be with their child immediately after surgery.

Charges and Insurance

Your copayment is due prior to or on the day of your surgery. You will receive separate bills from your surgeon, anesthesiologist, the hospital, and any other medical specialists whose services you required. If you have any questions, please call the hospital’s patient financial services department at (781) 624-4329.

Certain types of elective surgery are not covered by all insurance companies. Some plans require a prepayment and/or second medical opinion. Please check with your insurance company to make sure you satisfy any pre-certification requirements.
Welcome

Our ambulatory surgery staff is looking forward to providing you with the best possible care. We understand that the prospect of surgery can be a little stressful and that you may have questions. Please read this brochure carefully to help you prepare for your surgery.

Anesthesia

Your anesthesiologist and nurse anesthetist play a very important role in your surgery. They will administer and monitor the anesthesia that will let you “sleep” during your operation or they will “numb” a certain part of your body. Before surgery, a member of the anesthesia team will meet with you to determine the most appropriate type of anesthesia for you.

Your Day Surgery Checklist

Ten Days Before

■ Avoid aspirin. Check with your primary care physician or cardiologist regarding how long you should avoid aspirin prior to your surgery. If necessary, for discomfort, you can take a non-aspirin pain reliever, such as Tylenol® up until the night before surgery.

■ Avoid all nonsteroidal anti-inflammatory drugs (NSAIDS) (i.e. Motrin®, Advil®, Aleve®, Naprosyn, Indocin).

■ Avoid vitamins, herbal supplements, and erectile dysfunction (ED) medications (i.e. Viagra® and Cialis®).

■ Monitor how you’re feeling. With any unexpected illness — such as fever, cough, sore throat, or sniffles — please let your doctor know if you’re not feeling well up to the day of surgery and if you have any cuts, open areas or rashes near the surgery site.

The Day Before

■ Refrain from alcohol. Please do not drink alcohol during the 24 hours before your surgery. It may interfere with your procedure.

■ Arrange for someone else to drive. You’ll need a responsible person to drive you home when you are ready for discharge. Please make sure they are available to pick you up. For your safety, we cannot allow you to drive or take a taxi home.

■ Confirm date and time. You will be contacted two days prior to your surgery, Monday-Friday, to confirm your arrival time, date and time of surgery.

■ Arrange for a “recovery buddy.” It is strongly recommended that a dependable person stay at home with you during the first 24 hours of recovery, assisting you as needed.

The Night Before

■ Your stomach must be empty prior to surgery. If not, your appointment may be postponed or cancelled.

Follow these important guidelines:

■ NO SOLID FOODS AFTER MIDNIGHT (including candy, gum, mints or cough drops).

■ If your surgery is scheduled before 1 p.m., NO LIQUIDS, including water, after midnight.

■ If your surgery is scheduled after 1 p.m., you may have 8 oz. of either water, black coffee/tea, apple juice, or cranberry juice before 7 a.m. No dairy products or orange juice.

The Day of Surgery

Medications

Make sure to take the medications you were instructed to take the morning of surgery by your nurse/physician or a member of our anesthesia team with a sip of water.

Personal Care

■ Hair should be clean and freshly shampooed the night before or day of surgery. No hair products (mousse, gels, conditioners, hairspray, etc.) the night before or day of surgery.

■ Do not use perfumes, skin cream/lotions, or after shave.

■ Do not use deodorant near the operative site.

■ Do not shave near or at the operative site a week before surgery.

■ Wear comfortable clothes. You’ll wear a “Johnny” during surgery, and change into your clothes in recovery. Secure footwear (sneakers or rubber soled shoes) are best for walking.

■ Remove make-up, nail polish, hair accessories, contact lenses, and jewelry (including any body piercings) before leaving home.

Personal Belongings

■ Leave personal belongings at home. Please don’t bring any valuables with you (e.g. wallet, jewelry, purse). South Shore Hospital is not responsible for lost personal belongings. However, please bring your copayment if due — check, cash, or credit card accepted.

After Your Surgery

Following surgery, your condition will be closely monitored by our nurses. Your recovery time will vary, according to the type of surgery, but you are usually ready for discharge within one hour. Please make sure your ride is available at the time you will be ready for discharge.

You may feel tired or weak for a few days as some effects of anesthesia last up to 48 hours. Please don’t drive a car, operate heavy machinery, drink alcoholic beverages, engage in strenuous activities, or make any important decisions during this recovery time.

A nurse will call you at home the day after your procedure to check on your progress.