



# NMMC SURGICAL SERVICES

# WHAT TO EXPECT

## GENERAL SURGERY

### 1 WEEK BEFORE SURGERY

You will receive a phone call from the Surgery Department one week before your procedure. During this call, we will review your medications and answer any questions you have. *Please use this time to complete any required lab work or other outstanding requests from your provider.*

### 2-3 DAYS BEFORE SURGERY

You will receive another call from the Surgery Department 2-3 days before your procedure. During this call, we will confirm your arrival time and review final instructions for surgery day.

#### Important reminders:

- Do not eat or drink anything after midnight the night before your procedure.
- Take **only** the medications you were instructed to take by your provider.



### DAY OF SURGERY

- Please arrive at the Surgery Department on the 3rd floor at your scheduled time.
- Upon arrival, check in with our receptionist. There may be a short waiting period before a nurse escorts you to the Same Day Surgery Unit.
- You'll be provided with a locker for your belongings, then taken to your bay.
- Once settled, your nurse will complete your admission process. Then you'll meet your anesthesia team and your surgeon. This preparation typically takes about one hour.
- Afterward, you'll be taken to the operating room, where your surgical team will perform your procedure. This generally takes 1-2 hours depending on the procedure you are having.



### RECOVERY

- Following surgery, you'll return to the same bay where you began your day for recovery.
- You will generally spend about 2-3 hours in our recovery area, depending on how you feel, before going home.
- Once you're awake and comfortable, the nurses will offer you something to eat and drink, review your discharge instructions, and answer any final questions.
- Please ensure you have someone available to drive you home, and assist you with any needs you may have after your procedure.



### AT HOME

- Follow all instructions provided in your discharge packet carefully.
- If you have any questions or concerns, please contact the Surgery Department or your provider's office.

#### CALL US IMMEDIATELY IF YOU NOTICE

- Signs of infection (redness, swelling, drainage/discharge)
- Bleeding
- Increasing pain or discomfort
- Your discharge packet will also include the details for your follow-up appointment.

*Thank you for choosing NMMC Surgical Services!*