

What to expect on the day of Surgery (extended version)

This is what to expect on the day of surgery. You are scheduled for surgery at The Day Surgery Center at Medical City in Denton. The Center's address is 3316 Colorado Blvd and sits at the junction of Colorado and Medpark Drive. It is across the parking lot of the Emergency Room of Medical City Denton. We ask that you arrive at least an hour to an hour and a half prior to the surgical time. If you are unclear as to the time, please call the office to clarify.

Your post operative prescriptions should be sent to your pharmacy at least 48 hours prior to your surgery. We want to know if you have any specific allergies to Ultram or Tramadol, codeine, Zofran, or Latex. If Ultram has not worked for you in the past, the alternate would be Tylenol #3. Most patients state that they only need the stronger pain medication for a day or two before switching solely to over the counter remedies.

If you have not already been contacted by Surgery Center about your out of pocket costs or do not know those costs, please contact them now. Their contact number is 940-349-5510. Suzanne at our office should have already contacted you about our expected costs and if there are questions, you can speak with her at the end of this visit. Pathology and anesthesia will bill after the surgery (except in the case of self pay patients) but we are happy to direct any questions to the appropriate person if questions arise in the future. If you are needing a payment plan with any party, please make sure that this is arranged.

The day before surgery, diet and activity can be unlimited. Tobacco and alcohol should be stopped, or at the very least limited. Eat a hearty supper. Have a snack before bedtime. Stay well hydrated throughout the day. After midnight, though, there can be nothing whatsoever to eat or drink. Not even a glass of water. The only exceptions would be enough water to wash down morning medication and enough water to brush teeth.

On the day of surgery, keep your cell phone on and charged. We will verify the correct number now and the correct number of the person in charge of taking you to and from the Surgery Center. Often time, we are running ahead of schedule and need you to be flexible if called in early. Unless working from home, we do not advise going into an office or going somewhere else that could potentially delay your arrival. Using your maps feature on your phone or computer, plot out today the expected driving time to the Surgery Center from your home. Wake up early on the day of surgery and plot the same course to allow for changes in weather and traffic.

Please shower either the night before of the day of surgery. If hair is long, it is best braided or placed in a low ponytail at the nape of the neck. Remove all piercings that can be removed. If you cannot, the Surgery Center will have you sign a release form. Your neck will be surgically scrubbed and the anesthesia provider will have to place tape or gauze on

your face to secure the endotracheal tube and to protect your eyes. Any carefully applied make up will be pretty totaled by this process so it is best to go without. Try to leave contacts at home in favor of glasses. If you do wear contacts, bring case and solution with you. If you wear dentures or partials, bring case for that or one will be provided to you. Anything very valuable is best left at home. Wear comfortable clothing that is easy to slip on and off. 100% cotton underwear is allowed. It is best to pack a spare pair of underwear in case there are accidents under anesthesia. Wear socks as it is always cold in the operating room. Any tampons or pads are fine.

Upon arrival at the Surgery Center, you and your driver will check in at the front desk. Your driver's phone number will be written down so that Dr. Garner and the nurses can communicate with that person. Ensure that number is correct. One person will be allowed to sit with you before and after surgery. During surgery, we recommend that they either go back home, or if not feasible, do something other than just sit in the car. You will be there an hour early, surgery is about an hour, and there are two hours of recovery. That can mean long wait times for them.

For female patients under the age of 52 who have not had a hysterectomy or tubal ligation, it will be necessary to have a urine pregnancy test before being prepped for surgery. Plan to be asked for a urine specimen. It is fine to ask the people at the check in desk to do that right away.

You will then be shown to the preoperative area. This can be a very busy and sometimes noisy area as may different people are all working at the same time. You will be asked to change into a hospital gown with the cotton underwear underneath and socks. You will be covered with warm blankets. You will have an IV placed in your hand or arm and IV fluids will be started. You will be greeted by Dr. Garner, members of the anesthesia team, and the circulating OR nurse. If you have questions at this point, make sure that they are written down as the process can sometimes be head spinning. A blood pressure cuff will be placed on your leg and you will have compressive stockings placed to prevent blood clots. You will remind the team if you have had issues in the past with post operative nausea and vomiting. This is your chance to make any special requests (music, prayers, taking operative specimen photos, etc.)

You will then be given a medication called Versed, which will relax you. That may or may not be your last memory until after the surgery. Dr. Garner will be with you the whole time during surgery. You will wake up safe and warm in the recovery room. Plan to spend at least 2 hours but you will stay until you feel comfortable. Dr. Garner will contact your driver when the operation is complete and the bedside nurse will keep the driver updated.

The incision will have a Dermabond dressing. Dermabond is a liquid adhesive that will stay on 2-3 weeks. You will be able to shower the next day but should avoid baths or total

submersion in bath. You will be given an ice pack for home but may want to have an additional one at the ready.

Diet can be unlimited. You may drive when you are not taking prescription pain medication. If thyroid medication has been prescribed, it should be started the day after surgery. It is best taken first thing in the morning (time is not important) when the stomach is completely empty. It can be taken with whatever liquid you like but you will wait 30 minutes before eating anything solid. Most medications can be taken at the same time as thyroid medication with the exception of vitamins containing iron or calcium and medications given for acid reflux. Those medications should be taken at night if possible.

The most common question that our office receives is about post operative calcium requirements. If you have only half of the thyroid removed, it is not necessary to worry about this. However, if you have had the entire thyroid removed or parathyroid operation, it is important. Low calcium happens because of either irritation to parathyroid glands during a thyroid surgery or hungry bones after a parathyroid surgery. Symptoms include numbness of the finger, toes, or face progressing to muscle cramps. If those symptoms would appear, it would happen within 72 hours of the surgery. If it has been that long without symptoms, it would be unlikely. If you do have symptoms, it is necessary to follow the calcium regimen on our website in the post op section, www.carolyngarner.com. A copy may have also been given to you at your office visit. You will do that regimen until symptoms disappear. When you no longer have symptoms, you no longer have a problem. Please do not hesitate to call if it is unclear to you.

Pathology reports take 48 business hours to complete. When your pathology report arrives, you will be notified by the office and post operative visit scheduled at that time. Typically, post operative visits will be 2-3 weeks after your operation but Dr. Garner will advise if she needs to see you sooner. You will be given written post operative instructions at the Surgery Center as well.

If anything is unclear, please do not hesitate to ask. After hours phone call will be securely transcribed to Dr. Garner's personal cell phone but it is our goal to have all questions answered prior.