



Lakewood Hospital
a Cleveland Clinic hospital

Your Surgical Experience





Your Surgical Experience at Lakewood Hospital

We're here to help. . .

Whether the surgery you're scheduled to have is an inpatient or outpatient procedure, one thing is certain: having any kind of surgery can be a stressful experience for patients – as well as your family members and friends. At Lakewood Hospital, our entire staff is not only committed to providing you with the highest quality surgery care available – we're committed to making the entire surgery experience as stress free and hassle-free as possible. . .in order to get you back on your feet as quickly as possible.



Pre-Admission Testing

Preparing for the Procedure

A key part of your entire surgery experience often takes place several days beforehand – during Pre-Admission Testing. This important process includes conducting a medical history and physical; lab work; and possibly a chest X-ray, EKG and other tests. Getting this information in advance helps our surgery team choose the safest possible medications, including anesthesia, for you and make your upcoming surgery as safe as possible.

The Day Before Your Surgery

A Friendly Reminder

The day before your surgery you will be instructed to call us and confirm your arrival time.

There are a variety of important things you will need to remember the day before your procedure:

No eating and drinking

- Anything in your stomach could create problems during surgery, so DO NOT eat or drink anything after midnight the night before surgery. This includes ALL fluids (coffee, tea, and/or water) and all foods – even hard candy or gum.
- Failure to comply with this request may delay or cancel your surgery.
- You may eat a light meal the evening before your surgery.

No alcohol or smoking

- Refrain from any alcohol or smoking for 48 hours before and after surgery.



Freshen up

- We ask that you shower or bathe the night before or the day of your procedure – you may not be able to freshen up for a while after surgery.

Change in physical condition

- Let your surgeon know as soon as possible if you experience a change in your physical condition including, but not limited to: sore throat, fever, cold or flu. It is essential that your surgeon is aware of these conditions to make the best decision for you about your surgery.

Arrange for a ride

- Arrange for a ride with a responsible caregiver to and from the hospital.
- You will not be permitted to drive following surgery.
- For your safety DO NOT DRIVE for 24-48 hours after receiving anesthesia.

The Day of Surgery

Bring X-rays and personal aids

- Remember to bring any X-rays to the hospital – and any special aids you will need after the procedure (such as a walker, crutches, cane, brace, etc.).
- Remove all jewelry, makeup and lotions.
- It's important to remove all jewelry, body piercing, cosmetics, lotions, artificial nails and nail polish prior to arriving at the hospital.
 - Jewelry can conduct electricity during the procedure, and substances like lotions can make it difficult to connect important monitoring equipment to you.
 - Eye makeup can cause damage to your eyes during anesthesia.



Wear loose clothes

- Since you may leave the hospital with bandages or other protective aids, please wear loose, comfortable clothing the day of surgery.
- Please note: all clothing will be removed prior to surgery.

When to report

- Please report promptly to the hospital when scheduled to allow our staff adequate time to prepare you for your surgery.

Parking

- Park your car in the Emergency/Ambulatory Surgery lot. Security will direct you to Ambulatory Surgery.
- Parking is free the day of surgery.

Dentures, etc.

- While you may bring your dentures, eyeglasses, contact lenses and hearing aids (with appropriate containers), you will need to remove these items prior to surgery.

No valuables

- Don't bring jewelry, money or valuables of any type with you to the hospital.

Bring your medication list

- In order for the surgical team to have the most current information, please bring with you a list of all medications you are taking, and their dosages.
 - This includes any over the counter drugs, vitamins and herbal supplements.
- Informing us of allergies is very important, this includes possible allergy to natural rubber latex or iodine.



Taking your routine medications

- We know you may have some important medications you need to routinely take for conditions such as blood pressure, heart problems, seizures, thyroid, heartburn, acid reflux disease or breathing conditions such as asthma. You will be instructed which medications to take with a small sip of water.
- If you have any further questions on this, please contact your physician directly.

A special word for diabetics

- Do not take your diabetic medication the morning of your procedure, unless instructed otherwise by your physician.
- Your blood sugar will be monitored and cared for while you are at the hospital.
- Some diabetic medicines should be discontinued 48 hours before surgery.
- Please follow recommendations of your personal physician.

After admission

- Following your admission to the hospital, you will be taken to the surgical holding area for final preparation and discussion of anesthesia.
- Your family will wait for you in the surgical waiting area located in the atrium on the third floor.



After Your Surgery

Immediately after

Right after your surgery, you will be taken to a recovery unit, such as the Post Anesthesia Care Unit or Critical Care Unit, while the effects of anesthesia wear off. While visitors are not allowed in these areas, our staff will make every effort to keep your family informed throughout your stay.

Post-op procedure

- Surgical patients requiring a hospital stay will be taken to their room following their stay in the recovery unit.
- Patients being discharged to their home will be given written instructions (including any prescriptions from your surgeon) and a nurse will review everything with you in detail.


Arrange a ride home

- All surgical patients must have a responsible care giver to drive them home.
- You will not be permitted to drive or leave the hospital by yourself.



The Surgical Waiting Area

Lakewood Hospital wants your family and friends to be as comfortable as possible while they wait for your surgery or outpatient procedure to be completed. Our surgical waiting area is located in the bright and spacious 3rd floor atrium and is a relaxed and convenient setting where services are provided so that they feel informed as well as at ease during their wait.

- Volunteers staff the Surgical Waiting Area acting as liaisons between the surgery department, recovery room, holding area and those waiting for the completion of surgical procedures. Family and friends should check in with them upon entering the Surgery Waiting Area.
 - After welcoming them, the volunteer will give an overview of what to expect during their wait. Under normal circumstances visitation is not allowed in the recovery room (Post Anaesthesia Care Unit). Parents, however, will be able to stay with their minor children.
 - Volunteers receive an update on all patients from the staff of the recovery room once an hour and then share that news individually with friends and family members who are present.
 - A disc pager system is utilized for any visitors that may need to leave the area during their wait allowing them to be immediately contacted. Volunteers will issue a pager when a waiting visitor needs to leave the area.
 - Complimentary coffee and tea is available for friends and families throughout the day.
 - Discount coupons for purchases made in the hospital restaurant are available from the volunteer.
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Hungry? Need a Snack or Gift?

Cafeteria

The cafeteria, located on the first floor, serves hot meals at the following times:

Lunch	11:00 a.m. to 3:30 p.m.
Dinner	4:00 p.m. to 6:30 p.m.
Weekends	11:00 a.m. to 6:30 p.m.

Coffee kiosk (second floor)

Monday–Friday 6:30 a.m. to 6:30 p.m.



Vending machines

First floor – B-wing

Second floor – Emergency Room waiting area

Gift shop (first floor)

Monday through Friday	9:00 a.m. to 7:00 p.m.
Saturday	9:00 a.m. to 4:30 p.m.
Sunday	1:00 to 4:00 p.m.
Holidays	Closed





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