

After Your Surgery

Once your surgery is complete, you will be taken to the recovery room for observation. You will stay there until you are ready to be discharged or admitted to the hospital.

Your surgeon will speak with your family and answer any questions they have. Once you are awake and discharged from recovery, your family may join you. Verbal and written instructions about medications, diet and home care will be given to you before discharge. Plan to fill prescriptions on your way home.

Post-operative Appointment

You should have a post-op appointment with your surgeon or their designee 1-2 weeks after surgery. This should be made the day your surgery is scheduled. If not, call the surgeon's office to make this appointment.

Post-operative Appointment Date: _____ Time: _____

Understanding Surgery Costs

Insurance and Pre-authorization

Most health plans require us to verify your insurance coverage or get a pre-authorization for hospital services before your surgery. Your doctor's office will take the necessary steps to do this. Financial counselors are available to help with your insurance concerns and co-payment responsibilities.

Financial Information

Your hospital bill does not include the fees charged by the doctors who care for you. This means you will receive a hospital bill and bills from your surgeon, anesthesia provider and other specialists who helped in your care.



SCAN TO WATCH THE VIDEO:



**"What to Expect
on Your Day of
Surgery"**

Published: 07/2025, Surgery, Rhonda Lowry

SURGERY CHECKLIST & CARE PLAN

Your Surgery Preparation Guide



YOUR SURGERY INFORMATION

Surgery date: _____

Day of surgery **medication** instructions:

You will receive a call the day before your surgery with your scheduled arrival time. You must have a responsible person with you for transportation after your procedure with anesthesia or your procedure will be cancelled.

Please note: anyone accompanying you should be free of infection.

What to bring:

- | | |
|--|---|
| <input type="checkbox"/> Insurance card & photo ID | <input type="checkbox"/> Any forms/X-rays your doctor asked you to bring the day of surgery |
| <input type="checkbox"/> Advanced directives | <input type="checkbox"/> Cell phone to contact your family |
| <input type="checkbox"/> Crutches or neck brace, if needed | <input type="checkbox"/> CPAP, if used at home |

Please call your surgeon before surgery if you experience any of the following:

- Fever
- Cold-like symptoms
- Severe gastrointestinal symptoms (nausea, vomiting, diarrhea)
- Chest pain, pressure or tightness—especially with exertion
- Shortness of breath
- Fainting or loss of consciousness
- Skin infection (unless related to the reason for surgery)
- Emergency room visit
- Any other significant change in your health status



1211 24th Street
Anacortes, WA 98221
360.299.1300 | islandhealth.org

Once Surgery is Scheduled



After your surgery is scheduled, please update your medical information in your myIslandHealth patient portal.

Please complete any testing ordered by your surgeon or primary care physician prior to day of surgery.

A nurse from the anesthesia screening office may contact you to review your health history, give you instructions to follow before surgery and answer your questions.

If you have questions about your **anesthesia**, please call 360.299.4272.

If you have questions about your **surgery**, please call: _____

YOUR PRE-SURGERY TIMELINE

7 DAYS BEFORE SURGERY

- Stop taking all supplements, herbals and vitamins unless ordered by physician.
- Avoid shaving, clipping or performing any type of hair removal at the operative site.

3 DAYS BEFORE SURGERY

- Stop erectile dysfunction medication.

24 HOURS BEFORE SURGERY

- Drink extra fluids and avoid alcohol.
- DO NOT smoke, vape, or use marijuana or non-prescription drugs.
- DO NOT eat after midnight (**24 hours prior if you are on GLP1 medication**).
- Follow any bowel prep instructions.
- Shower as instructed.
- Get a good night's sleep.

Special Medication Instructions—If Applicable

- ☐ If you are on blood thinners, check with your surgeon for instructions on when to stop these medications.
- ☐ Your surgeon's instructions for NSAIDs (ibuprofen, Advil, naproxen, Aleve, Celebrex, Celecoxib, Mobic): STOP _____ days before surgery
_____ OK to continue
- ☐ **To help prevent aspiration, if you take GLP1 medications** (Ozempic, Semaglutide, Tirzepatide or similar, including weight loss injections), **please:**
 - Stop GLP1 medication one week before surgery, if taking weekly; 1 day before surgery, if taking daily.
 - **NO FOOD.** Clear liquids ONLY for 24 hours prior to surgery.
 - Nothing by mouth 4 hours prior to arrival time.

Day of Surgery

- You may have up to 8 ounces of clear liquids (including black coffee) 2 hours before your scheduled arrival time (**4 hours if on GLP1 medication**). For your safety, your stomach must be empty before anesthesia is given. If not, your surgery may be delayed or cancelled.
- Take morning medications as directed by Island Health staff.
- Diabetic Patients: Please check your blood sugar and take insulin as instructed—**DO NOT** take any oral diabetic medications.
- Take a shower with anti-bacterial soap and wear comfortable clothes that are easy to change.
- Do not wear makeup or any products with petroleum or alcohol (hair spray, gel, aftershave, perfume, lotions)
- Bring a case for your glasses or contacts.
- Leave jewelry and valuables at home. **Remove all body piercings.**
- A parent or legal guardian must accompany minors under age 18.

Enter the hospital through the **main entrance** on 24th Street and register with staff. You will then proceed to central waiting area. A nurse will come and get you when it is time for your procedure.

Anesthesia

On the day of your surgery, you will meet the anesthesia provider who will be taking care of you. At that time, you and your family may ask questions regarding your anesthesia. Following this, you will be asked to sign the anesthesia consent.

