ME DAY SURGERY CHECKLIST

This checklist will help you prepare for your surgery. Check off each item to avoid cancellation or unnecessary delays.

Arrival times vary, so check with the surgical facility to allow sufficient preparation time.

Insurance forms and/or cards must be brought with you. A clerk will help fill them out.

Pre-op history and examination in your doctor are usually necessary for any procedure requiring general anesthesia.

Lab tests may consist of urine and blood samples. These may be done on the day of surgery or 1-2 days in advance.

Wear comfortable clothes, such as a gurney suit. Leave all jewelry and valuables at home.

Arrange a ride home beforehand with a responsible adult, since you may feel waxy after surgery.

Don’t eat anything after 9:00 p.m. the evening prior to surgery.

Don’t drink anything after midnight (even water or have candy or chewing gum. This is to reduce the likelihood of your vomiting and breathing in stomach contents during surgery.

If you feel ill or have a fever, call your doctor immediately.

FOLLOW-UP CARE

Your doctor will arrange a follow-up visit to be sure you’re healing. For a complete and speedy recovery, be sure to follow your doctor’s instructions.

SAME DAY SURGERY

- Adenoidectomy
- Tonsillectomy

Your doctor has recommended that your child have an adenoidectomy—removal of enlarged adenoids, which may impair nasal breathing and hearing—and possibly a tonsillectomy to remove recurrently infected tonsils. For adults, a tonsillectomy alone is recommended.

Because overnight nursing care is usually unnecessary, a same day surgery facility is the ideal environment for your doctor to perform this procedure. Same day surgery facilities provide quality care without the expense and inconvenience of an overnight stay.
Check In
Check with the clerk about filling out admission forms. There’s a special area where your family can wait while you’re having surgery.

Medical History
The nurse may go over your medical history (including medications and allergies), and make certain that you’ve signed the consent forms.

Change Clothes
You’ll change into a patient gown for your surgery. If you wear dentures or contact lenses, you may be asked to remove them.

Anesthesia
An anesthesiologist or anesthetist will review your history and discuss your general anesthesia.

Going to Surgery
The operating room nurse will check your I.D. band and verify what procedure you’re having. You’ll then be transferred to the operating room.

In the Operating Room
In the operating room, the anesthesiologist may start an IV (intravenous) prior to administering general anesthesia.

- Your Adenoidectomy
With a breathing tube in place and your mouth held open with a special device, the doctor removes your adenoids through the mouth using curettes. Bleeding may stop spontaneously or is controlled with a cautery.

- Your Tonsillectomy
With a breathing tube in place and your mouth held open with a special device, the doctor removes your tonsils. Cautery or self-absorbing ligatures may be used to stop bleeding.

In the Recovery Area
After surgery, you’ll be taken to the recovery area where a nurse will monitor your progress. Once you’re awake, you’ll be asked to drink liquids and sit up.

Going Home
You’ll be able to go home—accompanied by a responsible adult—the same day as your surgery. You may feel temporarily drowsy and nauseous from the anesthesia.

Discharge Instructions:
- Try to drink plenty of liquids to maintain hydration.
- Avoid acidic juices and scratchy foods. Expect some throat and ear discomfort.
- White patches will appear as your throat heals and are not a sign of infection.

Call your doctor if:
- You have bright red bleeding that lasts more than a few minutes.
- You have persistent pain unrelieved by prescribed medication.
- You develop a fever of 101°F / 38.3°C.