

RUSH SurgiCenter, LP

Surgical Readiness Instructions

Presurgical Phone Call/Confirmation

A nurse from the Rush SurgiCenter will call you the day before your surgery to review your health history.

Surgical Readiness Instructions

Please follow the instructions below to assure safety and proper preparation for your upcoming procedure.

- Do not smoke or drink alcohol for 12 hours before your procedure.
- **Do not eat or drink anything after midnight the night before your procedure, including gum and mints.**
- **Take your routine morning medications as instructed with a sip of water.**
- **Bring a form of payment with you (we accept payment in advance to ease your registration process).**
- **Bring your insurance card and photo ID with you on the day of surgery.**
- Do not bring valuables with you.
- Do not wear makeup, nail polish, or jewelry on the day of surgery.
- Wear loose fitting clothing.
- Remove all body piercings.
- Do not bring young children with you.
- Do not wear contact lenses.
- Wear or bring your glasses with you.

Upon Arrival

- When you enter Rush Professional Building (1725 W. Harrison St.), follow the signs to Elevator 3 and proceed to the 5th floor where the SurgiCenter is located, Suite 556.
- Before and after registering, you may be asked to relax in the patient waiting area.
- The nursing staff will call you when it is time for you to get ready for your procedure.

Cancellations

- If you need to cancel your surgery, please call your surgeon so they can determine when your procedure should be rescheduled.

We require that all patients arrive with an adult family member or friend (18 years or older) to ensure your safety. This person **must** stay at the SurgiCenter while you receive care, join you in recovery, and ensure a safe commute back home.

THIS IS REQUIRED OR YOUR PROCEDURE WILL BE CANCELLED.

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General Discharge Instructions

Notify your Doctor if you have

- Increased pain not relieved by pain medication
- Fever greater than 101°
- Increased bleeding, redness, and/or swelling at procedure site
- Difficulty breathing, and/or persistent nausea or vomiting

If you are unable to reach your physician, please call **312.942.5000** and press **"0"** for operator, ask to have your physician paged. You will need to leave a number for the physician resident to reach you.

Local Anesthesia

- Following your procedure, you may return to your normal activities as instructed by your physician.
- You may experience some post-operative discomfort.
- A prescription for pain medications may or may not be given to you.

General Anesthesia/Sedation

- For your safety, you **MUST** have a responsible adult with you for the 24 hours following your procedure.
- You may experience lightheadedness, dizziness, and/or sleepiness; this is normal.
- When walking keep your head level and look straight ahead.
- You should **NOT**:
 - Drive a car, operate machinery or power tools
 - Drink ANY alcoholic beverages, including beer
 - Make any important decisions
- As for your diet start with liquids and slowly progress to solids.
- Do **NOT** take any sedatives, antihistamines, or sleeping pills for 24 hours.

Medication

- If you are given a prescription, take as directed.
- If you are not prescribed a pain medication, you may take a NON-ASPIRIN medication such as Tylenol or Advil as the label directs.

Regional Nerve Block

- Nerve Blocks affect many nerves including those that control movement, pain, and sensation. This type of block will cause you to feel:
 - Numbness
 - Tingling
 - Heaviness
 - Weakness or inability to move your arm or leg; a feeling that your arm or leg has "fallen asleep"
- A nerve block can last anywhere from 8-12 hours or more depending on the medications used.
- Your surgeon will give you a prescription for pain medication that you **MUST** start taking **BEFORE** the nerve block starts to wear off. The purpose is to have your pain under control once the block has worn off.
- It is recommended that you take your pain medication as prescribed even when sleeping. So be sure to set your alarm.
- Nausea is very common when taking pain medication. You will want to eat something before taking pain medication.