

## **PREPARING FOR SURGERY**

### **Useful Guide to Surgery**

Any type of surgery, regardless of its scope, is always a source of significant anxiety and often creates a sense of confusion. The Head Nurses and nursing staff wish to provide you with some information and suggestions to face surgery with peace of mind. For a successful surgery, proper preparation is essential. This varies depending on the type of surgery and in agreement with your doctor and involves some steps described below, which require your cooperation. Please remember to bring any personal test results (radiological, blood tests, etc.) for admission.

### **Trichotomy**

This is a procedure that applies to all patients who must undergo surgery or certain diagnostic tests, when the area involved is covered by hair. It involves shaving the area that will be incised. Contrary to popular belief, the hair will grow back with the same characteristics as before. If you know the area of the surgery, it is recommended that you remove the excess hair yourself to avoid any discomfort.

### **Bowel preparation**

For some types of surgery or diagnostic procedures, in order to avoid invalidating the test, it is essential to perform bowel preparation using enemas or laxatives.

The day before, it is recommended to follow a diet free of foods that leave residue (such as fruits, fibers, and vegetables).

For all surgeries, it is necessary to maintain absolute fasting on the day of the operation. Neither solid nor liquid food is allowed.

For some types of surgery (but advisable for all), it is essential not to overeat the day before hospital admission.

## Personal hygiene

For some surgeries, a shower with a disinfectant solution is mandatory, which will be provided by the ward staff. For others, it is sufficient to take a shower on the morning of the operation.

Pay particular attention to skin folds and the navel.

- The use of talcum powder or any powder is strictly prohibited before and after surgery.
- If your surgery requires mapping, it is important that it is not removed.
- Remove any nail polish and/or makeup.
- Remove rings, necklaces, earrings, watches, bracelets, etc.
- Remove any dentures or other mobile prostheses.
- Remove contact lenses.

## Before the surgery

Once your surgery is completed, the ward staff will be informed and will return you to your hospital room.

We invite you to inform your relatives/friends of the need not to be present in large numbers at the same time in the hospital room, especially on the day of the surgery.

## It is likely that after the surgery, you will feel nausea and/or vomiting

due to the type of anesthesia or certain medications. Don't worry, immediately call the nurse, who, in agreement with your doctor, will administer an antiemetic if necessary.

During your post-operative recovery, it is likely that you will experience pain. This is a subjective physical sensation, experienced differently by each of us. Don't worry, there are many ways to manage it today. Call the nurse, who will assess your pain using a scale from 1 to 10, and, if necessary, administer the painkiller prescribed by your doctor.

Additionally, it is advisable not to overuse painkillers. It is recommended to take them every 6 hours unless otherwise directed by your doctor.

Finally, it is suggested to alert the nursing staff before the pain reaches too high a level.

After the surgery, and when your doctor deems it appropriate, you may get out of bed only with the help of the nurse on duty to prevent falls due to unexpected drops in blood pressure.

These are simple tips that may seem trivial and obvious, but they greatly reduce the risk of infection in surgical wounds and intra- and post-operative complications.

The nursing staff is at your complete disposal for further clarification. We thank you for your cooperation and wish you a pleasant stay in our facility.