

Admitting Procedure

Inpatient and Same Day Surgery

General Information

The hospital will call you after 2 p.m. the day before your scheduled admission to give you the time to report to the Admitting Office. You will enter Worcester Medical Center on Level 3 of the hospital. Central Registration, as well as your room will be on this same level. You may enter from either the North or South entrance. Registration is located across from the waterfall in the atrium Level 3.

- If your admission is scheduled for a Monday, a hospital representative will call after 2 p.m. on the previous Friday.
- If your admission is scheduled for the day after a holiday, a hospital representative will call you on the last working day before the holiday.
- If you have not received a call by 5 p.m. (or if you have a question about your admission time), please call:

(508) 363-9371

or, you can log on to the hospital web site at:

<http://www.StVincentHospital.com>

Food Before Surgery

- You may not eat or drink anything after **midnight** prior to your surgery. You may take your medication as prescribed by your physician with sips of water. Check with your doctor regarding which medications you should and should not take on the morning of surgery.

Before you come to the Hospital

- Wear loose, comfortable clothing

- If you are having shoulder surgery, a t-shirt or sweatshirt a size larger than normal will be most comfortable. As an alternative, a button down shift can also be utilized. Your sling will be worn outside your clothing.
 - If you are having knee surgery, sweatpants or loose pants will be most comfortable as a bulky bandage will be applied after surgery.
- Leave all valuables at home, including rings and jewelry
- No makeup or perfume
- No contact lenses
- If you use a CPAP machine, please bring it with you.
- Arrange transportation for when you are discharged. You will NOT be allowed to drive after surgery.
- Leave all medications at home. Bring a list of all medications you are currently taking to the hospital and to your appointment with the anesthesiologist.
- Do NOT take any Aspirin, Ibuprofen, Advil[®], Aleve[®], Motrin[®], or anti-inflammatory medications for 10 days prior to your surgery. Non-aspirin medication, such as Tylenol is permitted.
- Blood thinning medications, such as Coumadin[®], or Warfarin are usually stopped several days before surgery. If you are on a blood thinner medication, please be sure to discuss this with your physician for instructions on stopping it prior to surgery. Do Not Stop taking this medication without discussing first with your physician.
- If you have had “heart valve surgery”, “stents” , “pacemaker”, or any type of “replacement” surgery, please inform your surgeon prior to the procedure.
- We participate in the “Sign Your Operative Site” program developed by the American Academy of Orthopedic Surgeons. Dr. Desio will personally place his initials on your operative site to confirm the site of surgery before you enter the operating room. Your operating room nurse and your anesthesiologist will also ask you to identify the operative extremity.
- Practice your postoperative exercises before your surgery, so you will be familiar with them.

- Should you catch a cold or get an infection of any kind, CALL YOUR PRIMARY CARE PHYSICIAN as well as DR. DESIO immediately. If you get a cut, scratch, sunburn, bug bite, or any damaged skin on, or near the area to be operated on, Call DR. DESIO immediately. Injured skin may increase the risk of infection and your surgery may be cancelled.

Surgery

- If you would like Dr. Desio to speak with a relative or friend after the surgery, the nurse will take a cell phone number for him to call once the surgery is done.
- If you do not have a cell phone, a beeper will be given to you relative or friend.
- Plan on at least one hour in the Recovery Room following surgery.
- If you have a history of Sleep Apnea, Recovery Room time and monitoring can be 3 hours or more.

Prescription Pain Medications

- Do not take on an empty stomach, may cause nausea, and/or vomiting
- May cause drowsiness or unsteady gait. Please have someone with you for the first 24 hours after discharge
- You may switch to an over the counter medication when the stronger narcotic is no longer necessary.
- You may need to use a stool softener 1-2 times daily. To help prevent constipation, increase fruits, fiber, vegetables, and liquids. This will also be discussed with you prior to your discharge. Be sure to ambulate at least every 2 hours unless otherwise noted. Walking will help stimulate the bowels and reduce the risk of constipation.
- No driving or operating heavy equipment while taking narcotics
- Do not use alcohol while taking narcotics
- **PAIN MEDICATIONS MAY CONTAIN ACETAMINOPHEN(TYLENOL). DO NOT TAKE ADDITIONAL TYLENOL.**

Discharge

- The hospital nurse will review all discharge instructions with you before departure.
- You will not be permitted to drive home
- Your prescriptions may be filled at the hospital, or you may fill them at a pharmacy near your home.

- You will be give reminder cards for your postop visit, as well as your first physical therapy visit.
- Before you leave the hospital, you will be given complete postoperative instructions.

Important Phone Numbers

Main Hospital: (508) 363-5000

Toll Free: (877) 633-2368

If you have any questions, please call:

Stephen M. Desio, M.D.

Office: (508) 363-6363