

FAQ Surgery:

***How will I know when my surgery time is?***

Call the hospital the day before your procedure between the hours of 2 and 4:30 to receive your arrival time (540)-953-5390 or 1-888-893-4699.

***What can I eat the day of surgery?***

Have nothing to eat or drink after midnight the day of surgery. Do not eat breakfast or lunch. If your arrival time is later in the day you may have clear fluids. When you call the day before, the hospital will give specific information.

***What do I do if I begin to feel sick the day of surgery?***

If you wake up and feel like you have a sore throat, cold, or feverish, notify your athletic trainer or physician.

***How will I get to the hospital?***

Make sure you have confirmed a ride to the hospital (friend, parent, coach, etc.) You will not be allowed to drive home from the hospital. If you cannot find a ride, notify your athletic trainer.

***What should I wear?***

Wear loose fitting clothing and socks. You may wear deodorant. You may also wear your contacts but, bring a contact case. These will be removed prior to surgery. Do not wear make-up, lotion, powder, nail polish (on your fingers or toes), or jewelry. Remove bridgework or dentistry.

***What should I expect the day of surgery?***

Upon arrival at the hospital, check in at the front desk. The front desk will give you a number. You will then check in at registration and be escorted to outpatient services. Once at outpatient services, you will be escorted to a room. A nurse will give you instructions for surgery. They will also perform several pre-surgical treatments and start an IV. Friends and parents will be allowed to stay during this time. Once you have changed and the surgeon is ready, you will be wheeled to pre-surgery holding. You will be allowed to have one person in holding until you are taken back to the room for surgery. In holding, you will meet with the surgical staff and the anesthesiologist. The anesthesiologist will meet with you and begin your pre-surgery medications. Once you are done with surgery, you will be taken to recovery. Any family still waiting will be contacted by the family. Once you have been released from recovery, you will be wheeled back to your room where you can meet your friends/family.

***The medications make me feel sick, what can I do?***

After surgery, medications can cause nausea or constipation. Here are some helpful tips to alleviate symptoms: Drink 6-8 glasses of water daily. Eat plenty of fruits and vegetables. Eat light meals two days prior to surgery. Do not take laxatives the day before or the day of surgery. Finally, be aware of your

bowel patterns. If you notice significant changes or you still are feeling sick three days after surgery contact the Sports Medicine Staff.