

Surgery: What to Expect

Step 1: Before Surgery

THE SURGICAL CONSULTATION

The purpose of a surgical consultation is to determine whether there is a surgical procedure that can be offered to help you with your current medical condition. When you come in for your surgical consultation, please bring the following with you.

THE SURGICAL CONSULTATION: WHAT TO BRING



A list of medications you're currently taking



A list of prior surgeries and any related issues (infection, bleeding, difficulty with anesthesia)



A list of known allergies (medications and otherwise)



Any questions or concerns you may have

Feel free to bring a friend or family member for support!

Your surgeon will talk to you about any possible alternatives to surgery and discuss risks and benefits of these choices so you can make an informed decision. Please ask questions and tell us about your concerns. We want you to have enough information to make the best choice.

If you decide to proceed with surgery, we will ask questions to assess your risk of bleeding or clotting, determine whether you have sleep apnea or physical limitations and learn about your nutritional needs. This information will help us plan your care and meet your personal needs.

Finally, depending on your surgery and individual needs, a Case Manager may contact you by phone to learn about how much support you have at home. To recover well from surgery, you need to have a good support system at home. This is particularly important for getting you home from the hospital as quickly and safely as possible, and it helps reduce your chances of returning unexpectedly after surgery.

While planning for your surgery, we will talk to you about pain management and medication. State law restricts the number of narcotic (opioid) pain pills that can be prescribed, and your surgeon must consider non-prescription medications before prescribing narcotics. A narcotic consent form is now required, which informs you of the risks of taking these drugs. Your primary care provider may also manage your postoperative pain medication in agreement with your surgeon. You may have an anesthetic injection or "block" around the time of surgery to help with pain relief.

