

# The Day of Surgery

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## Check-In at Ambulatory Surgery

Family members/caregivers are allowed to remain with you.

Following your check-in at Ambulatory Surgery, the process to prepare you for surgery will begin. You will start meeting various members of your care team, including your surgeon, anesthesiologists and operating room nurses, and others who are committed to helping you through your surgery and beyond to a successful recovery. You will become accustomed to being asked your name, birth date and confirmation of the surgery you are having as part of our patient safety procedures.

## For Your Safety

### Verification

- You will be asked your name and birth date frequently.
- Prior to surgery, you also will be asked many times what procedure you are having done.

### Medication Reconciliation

Prior to administering medications, we need to know:

- The name of all medications you currently take.
- The dosage of each medication.
- The frequency (how often) of your medications.
- When your last dose was taken.

### Infection Prevention

- An antibiotic will be given before surgery and continued for 24 hours afterward.

*Write down any questions you may have for your doctor or nurse:*

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## Pre-Operative Holding

Family members/Caregivers can view your progress on the waiting room monitor. You will be in the pre-operative holding area where you will stay for 1 to 3 hours.

During that time, the following will occur:

- Your health history and physical examination will be reviewed.
- Advanced directives will be noted.
- Your operative site will be prepped.
- Your anesthesiologist will review your health history and physical exam results and will discuss your options for anesthesia with you.
- An IV (intravenous line) will be started.
- The surgeon will review the joint procedure with you and mark the site of surgery on your body.



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## Anesthesia

The Department of Anesthesiology at NorthShore has prepared this brief informational section to help you understand the anesthesia and pain relief options available to you for your total joint replacement surgery.

### The Anesthesia Care Team

At NorthShore, anesthesia care is directed by board-certified anesthesiologists. You will meet your care team members in the pre-operative holding area near the surgical suite. We work together to provide you with a safe anesthetic experience.

### Pre-Operative Preparatory Work

Preparatory work for your surgery begins in the pre-operative area. An intravenous (IV) line will be started, and an initial set of vital signs will be taken. Your anesthetic care team will review your medical history and laboratory reports and perform a brief physical exam. After discussing your various anesthetic options with you, your anesthesiologist will formulate a specific anesthetic plan.

### Intra-Operative Anesthesia Alternatives

Your anesthetic options will be guided by your medical history, your preferences and the planned surgical procedure.

### General Anesthesia

General anesthesia will put you to sleep following an injection of medications into your IV. After you are asleep, a breathing tube will be placed into your mouth to assist your breathing during the surgery. During the operation, you will be receiving additional medications in your IV and through your breathing tube that will ensure that you remain asleep throughout your surgery. At the end of the operation, the breathing tube will be removed when appropriate.

### Regional Anesthesia

Regional anesthesia refers to numbing a part of your body with an injection of local anesthetic. For total joint replacement surgery of the knee and hip, regional anesthesia may involve injections into your back or around the nerves in your leg or hip. It is very important that you inform your surgeon and anesthesiologist if you are on blood thinners/Warfarin. If you are, additional blood tests may be needed to determine whether it is safe to proceed with this type of anesthesia.

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## Anesthesia (continued)

Should you choose to have regional anesthesia, sedative medications will be given to you through your IV during the surgery. A small amount of these medications may be given to you before starting a regional anesthetic to relax you and to minimize your discomfort and/or any anxiety.

- **Spinal anesthesia.** A small amount of local anesthetic is injected into your back. You rapidly become numb in your lower body and will likely be unable to move your legs for a few hours. This is a single injection and blocks the pain from the surgical area.
- **Epidural anesthesia.** An epidural, similar to a spinal, is an injection into the back, which numbs the lower part of your body. In addition to the injection, a very small flexible plastic catheter is passed into the epidural space of the spine. This catheter enables medication to be continuously administered both during and after surgery through an adjustable pump at your bedside.

### Nerve Blocks and Catheters

Nerve blocks and catheter insertions are anesthetic techniques that reduce knee and hip pain by numbing the nerves with local anesthetic. Tiny catheters may be placed before or after surgery as an alternative to epidural anesthesia. Individual nerve blocks also may be beneficial post-operatively to help reduce pain.

### Pain Medications

As part of NorthShore's multifaceted pain management program, you will be offered oral or IV medications to help with pain management before and after your operation. They are to be taken in addition to the other modalities described above.

### Risks

Anesthesia is very safe, but it does have recognized risks and complications. At the time of your surgery, your anesthesia care team will discuss the anesthetic risks with you in detail.

Our goal at NorthShore is to provide you with a safe and comfortable experience.

*Write down any questions you may have for your doctor or nurse:*

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## Operating Room and Post-Anesthesia Care Unit (PACU)

Family members/caregivers can view your progress on the waiting room monitor.

### Operating Room

Inside the operating room, you will be cared for by doctors, nurses and skilled technicians. The total time required for surgery differs from patient to patient depending on the complexity of the procedure. Generally, most joint replacement surgeries last from 1 to 2 hours, not including the preparation and recovery times.

While you are in the operating room, your family can monitor your progress on a screen located in the waiting room. For privacy, you will be identified by a unique identification number, which will be given to your family members/caregivers.

### PACU (Recovery)

After surgery, you will be transported to the Post-Anesthesia Care Unit or recovery room. You may feel groggy from the anesthesia. You will spend from 1 and 3 hours in the PACU while you recover from the effects of anesthesia.

- Nursing staff will monitor your:
  - Vital signs
  - Progress as you emerge from anesthesia
  - Pain, and provide interventions, as necessary
- Your surgeon will meet with your family members/caregivers to provide a post-surgery recap.
- After recovery, you will be transported to the nursing unit. Your family members/caregivers can visit you after this point.

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