

CARDIAC SURGICAL ASSOCIATES OF WESTERN MASS., P.C.

BAYSTATE MEDICAL CENTER
759 CHESTNUT STREET, SUITE 4628
SPRINGFIELD, MA 01107

TELEPHONE (413) 794-5550
FASCIMILE: (413) 794-4212

PREOPERATIVE INSTRUCTIONS

PREOPERATIVE PREPARATION

- A. Apply the prescribed nasal ointment into each nostril (using a Q-tip) three times daily for three days prior to surgery. This is a prescribed product; if you did not get a prescription, please call our office at 794-5550.
 - B. During the 24 hours before the scheduled time of your surgery you will need to rinse your mouth four times with Chlorhexidine mouth rinse (**Peridex**) 0.12%, dispensing 10mL for each rinse. You should swish the solution in your mouth for 30 seconds before spitting it out. Do this once in the morning, once at noon, once after dinner, and once before bed.
 - C. Wash and shampoo with the Chlorhexidine (**Hibiclens**) cleanser once on the day before admission and once in the morning before your arrival; call our office if a prescription was not written for you. Lather with your hands or a clean wash cloth for 2-3 minutes. Wash your chest, arms and legs. Pour the soap slowly so it will not run off your hands. Do not get into eyes or apply directly to your genitals.
 - D. Unless prescribed otherwise, do not use any lotions or powders for two days prior to surgery.
 - E. **For our female patients, do not** shave at all for two days before or on the day of surgery.
 - F. On the evening prior to surgery, approximately two hours after your dinner, you have to take a Fleets enema, also available at your local drugstore.
 - G. On the night prior to surgery, **DO NOT** eat or drink anything after midnight, this includes chewing gum or any kind of mint or candy.
 - H. Medications you were instructed to take by our office or the anesthesiologist, may be taken with a sip of water only.
 - I. Remove all rings and jewelry prior to leaving for the hospital. If they cannot be removed, rings will be cut prior to the operation. The surgeon will meet you in the preoperative holding area to appropriately mark the surgical site.
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- A. Upon your arrival to the hospital, go directly to the Daly (formerly Centennial) Family Waiting Room located in the North Café on the second floor of the Daly Building, adjacent to the cafeteria.
 - B. You will be escorted to preop holding and prepped for surgery.
 - C. You will be given medication to help you sleep.
 - D. You will be transferred to the operating room.
 - E. The length of surgery may be two to eight hours.
 - F. Please be aware that the time of your surgery may be delayed due to the unexpected length of a procedure scheduled prior to yours.
 - G. Family members are asked to wait in the Cardiac Surgery waiting room located on the fifth floor of the Daly Building outside of the Cardiovascular Intensive Care Unit.

FOLLOWING SURGERY

- A. You will be transferred to the Cardiovascular Intensive Care Unit (CVICU) located on the fifth floor of the Daly Building.
- B. Your surgeon will talk with your family either by telephone or in the CVICU waiting room.
- C. Your family may visit you approximately 45 minutes after your arrival to the CVICU.
- D. The telephone number for the CVICU is 794-4870.
- E. Please have only one family member calling for information.

If you have any questions, please call our office at 794-5550. Thank you.