



## PATIENT PREOPERATIVE INSTRUCTIONS

This is a brief guide about what to expect for your upcoming procedure. We will call to confirm your appointment the Thursday prior to your appointment, please note that due to changes in the schedule, your check-in time may change, we will notify you of these changes immediately. If you have not received a telephone call two (2) days before surgery, please call (303)788-4280. If you find that you are unable to keep your scheduled appointment, have any signs or symptoms of an infection or are not in your usual state of health, please call us immediately.

### **What to Bring:**

Insurance Card, Photo I.D., Medications List, any additional medical records or imaging that our office may not have that would be useful for your surgery.

### **Food or Drink:**

No food or liquids 8 hours prior to your admission time. Food or water in your stomach could cause serious complications during and after your procedure. In some cases, you may have been asked to take routine or other medicines on the morning of surgery, please take them with a very small sip of water.

\*For children under the age of 2, please call our office and ask our staff for more specific instructions.\*

### **Medications:**

Do not take any medications the morning of surgery unless instructed by your physician. Do not take insulin or oral diabetic medications, blood thinners or diuretics unless specifically directed by your physician.

\*Please notify us if you are taking any of these medications: Metformin or any blood thinners such as Aspirin, Plavix, Coumadin, Lovenox, Brillinta, Xarelto, or Eliquis.

### **Day of Surgery:**

Your surgery will take place under general anesthesia, you will also receive medication(s) intravenously. Because of the general anesthesia and other medications, you must have a responsible adult drive you home after your surgery. Your surgery will be canceled if you do not have a responsible adult to drive you home. Please arrange for someone to stay with you the first night after surgery. Because of variations in case duration and urgent cases requiring the use of our staff and operating rooms, there are often delays in the starting time of your surgery. Alternatively, your start times could be earlier than expected if last minute cancellations occur. Leave all valuables at home, this includes jewelry, watches, money, credit cards etc. The hospital is not responsible for the loss or damage of valuables. Patients under the age of 18 need to be accompanied by a parent or guardian while in the hospital. We require the parent or guardian to remain at the hospital during the surgery and following the surgery until discharge. Please contact us prior to the day of your procedure if you have any active infection, signs/symptoms of an infection, or if you are not in your usual state of health. Your surgery may be canceled if you are not in your usual state of health or have a medical state prohibiting general anesthesia.

**Your Arrival:**

After you are registered, a nurse will prepare you for surgery in the preoperative unit on the third floor. Dr. Yakes, a Nurse Practitioner/Physician Assistant, and the Anesthesiologist will visit you prior to surgery and explain our procedures and answer any questions.

**Post-Surgery:**

Immediately following your surgery, you will be taken to the recovery unit on the third floor where nurses and staff will monitor your recovery. Visitors will be allowed once the patient is stabilized and the unit is ready to accommodate this. Patients may be transferred out of the recovery unit to a floor unit to complete the remainder of their recovery time. The patient's contact person will be called and informed of his/her status and location periodically. You will receive specific instructions for your recovery before you are discharged. Please see our patient postoperative instructions for more information.

**Follow up:**

It is strongly recommended that each patient have a primary care provider that is available to see the patient following treatment to ensure an optimal post-operative course and evaluate for potential complications such as infection. This is essential since most of our patients travel from out of state or the country for treatment and are not available to follow up with us following the procedure. Our medical staff will call you one week following treatment to check on your condition following the procedure. Please see our detailed postoperative instruction sheet for what to look out for following treatment and call us if any concerns or questions arise at any time.



## **PATIENT POSTOPERATIVE INSTRUCTIONS**

### **Procedure:**

Ethanol embolization under general anesthesia for treatment of Vascular Malformation.

### **Discharge Medications:**

- Please see the Medication Reconciliation sheet for a complete list of discharge medications and directions.
- Some medications, especially pain medications can make you drowsy, do not drive or operate heavy equipment while taking these medications.
- Pain medications can be constipating; high fiber diets, increasing fluid intake and over the counter medications for constipation can provide relief. Please see your regular physician if you have these concerns.
- Most prescription narcotics have Acetaminophen (Tylenol) in them. Please pay attention to how much Tylenol you are consuming. Adult patients can take max 3 grams in 24 hours. Pediatric patients follow directions on bottle.
- If you are sent home on steroids, you may experience difficulty sleeping, heart palpitations, irritability, headaches, rash, and changes in appetite. These symptoms will resolve in 1-2 weeks. If you develop any abdominal pain while taking steroids, please seek medical attention.

### **Aftercare:**

- Do not apply heat or ice or use compression to the treated area for one week to avoid tissue injuries.
- Do not soak in water for one week following procedure. If you have open wounds, do not soak in water until wounds have healed.

### **Activity:**

#### **If you had an angiogram this visit:**

- Please avoid strenuous activity and avoid lifting greater than 10 lbs. for 1 week.
- You may shower but avoid bathing (in tubs, Jacuzzi, pools etc.) for 1 week.
- If you have any pain, numbness, coolness or weakness in your leg, please call our office or go to the ER. If you have any bleeding from the puncture site, apply firm pressure and call 911.

#### **If you have not had any angiogram this visit, you may resume your regular activity as tolerated.**

- Try to remain active by taking time to walk several times throughout the day. This will help with preventing blood clots.

**What to expect:**

You may have some degree of pain in the area that was treated. It is also common to have swelling in the area that was treated. Most patients will be given a prescription for steroids to help decrease the inflammation/swelling. In most patients, the majority of swelling will resolve in approximately 2 weeks.

**When to Seek Medical Attention:**

- **Pain:** If you experience increasing pain that is not controlled by your pain medications and or rest, this may be a sign of a problem.
- **Infection:** If you have any signs of infection such as a fever greater than 100.4° F, redness, warmth, pus, or your wounds become more painful or discolored.
- **Tissue Injury:** If you develop any blisters, ulcers or discoloration.
- **Swelling:** If you have an increase in swelling or develop numbness.

**If you are experiencing any of the above symptoms, please seek medical attention and notify us at 303-788-4280.**

**Seek Care Immediately at Nearest Emergency Room:**

- You have chest pain or trouble breathing.
- You experience any neurological changes such as visual changes, weakness in your arms, legs or dramatic changes in speech and/or memory.
- You have any signs of a blood clot in your extremities; this may be sudden swelling, pain, discoloration of the skin or discomfort/tenderness in the calf muscle.

**Follow-Up Appointment Information:**

Please call our office at 303-788-4280 for your follow up appointment information. This will allow for us to discuss and schedule any future appointments that may be needed.

**Additional Information:**

If there are non-emergent questions or problems that are not addressed on this form, call our office at 303-788-4280. Our office hours are Monday-Thursday 8:00am – 5:00pm MST, please note our office is closed for lunch from 12:00pm - 1:00pm MST. For issues that arise outside our office hours, you may call our office and select option 2 to page the on-call medical provider.

If you feel that you are having an emergency or cannot reach us immediately, call 911 or go to the nearest emergency room for evaluation.

**COVID-19 Information:**

**For patients who have been treated and discharged on steroids, we recommend following precautions as outlined by the CDC and avoid unnecessary interactions with public.**