



# Frequently Asked Questions at Flatirons Surgery Center

Thank you for choosing Flatirons Surgery Center for your care.

## Pre-Operative:

1. Why is it so cold here?

*The temperature of our center is closely regulated and monitored to decrease the number of germs that have the opportunity to grow. We want the environment to be as clean as possible to keep you safe and free from infection. The cooler temperatures help us achieve this goal.*

2. How long will surgery last?

*Your surgery time is specifically requested by your surgeon's office. It is scheduled for the amount of time that your surgeon usually needs to complete your specific procedure. Your surgery may vary depending on what exactly you need in the operating room.*

3. Why am I not able to eat or drink before my surgery?

*Having an empty stomach decreases the risk of aspiration (breathing something other than air into your lungs) during anesthesia. Anesthesia medications decrease our normal reflexes and responses to stimulation making it easier for something to sneak into the windpipe. Having nothing to eat or drink before surgery keeps you safe from these risks.*

4. Why do I need to arrive to the center earlier than my scheduled OR time?

*There are many safety checks that we complete prior to you going to the operative room. We also prepare you for surgery by placing an IV, cleaning the surgical site, and completing a pre-operative checklist to ensure everything is safe for your surgery.*

5. Why does everyone ask the same questions over and over?

*We never want to assume anything when it comes to your surgery and safety. Each person involved in your care will ask the questions:*

- *Name and birthday?*
- *Who is your surgeon?*
- *What procedure are we doing for you today?*
- *What side (right or left) if applicable?*

*This allows everyone on the team to make sure that we have the correct person for the correct procedure.*

6. Do I need crutches or a brace?

*Maybe. This is a great question to discuss with your surgeon prior to your day of surgery. Braces and crutches are ordered through your surgeon's office.*

7. How do I get a handicap sticker for my car?

*The paperwork is available to print on the DMV website. Your surgeon will need to sign the paperwork before you submit it either through faxing, mail, or drop off at the DMV. You are welcome to bring this paperwork on the day of surgery to get it signed.*

## Post-Operative:

1. How much pain will I have after surgery?  
*Pain control is important for your comfort and healing after surgery. Our nurses in the recovery unit are highly trained in pain management and want to keep you as comfortable as possible. Our goal is to keep your pain at a tolerable level, understanding that you will likely have pain post-operatively. Your surgeon may prescribe pain medication for you to take at home if needed.*
2. Will I see my doctor after surgery?  
*You will see your surgeon in the pre-op area before surgery. This is the best time to ask your questions. After surgery, your surgeon will update your companion on how the procedure went. They may also visit you in recovery, but you will likely not remember seeing them because of the anesthesia medication.*
3. When will I get to see my family after surgery?  
*Your recovery nurse will update your family on your status once you begin to wake up from the medication. Once you are able to get dressed and sit up in a recliner, your family will come back and be with you in the recovery area. We don't bring family members back right away so that the nurse's attention can be fully on you and your safe recovery. Once you are dressed and with your family, the nurse will discuss your discharge instructions and questions.*
4. When may I start exercising again?  
*This is a great question for your surgeon. Often, instructions for activity are outlined in the discharge instructions that your recovery nurse will go over with you. If you have questions about a specific exercise (i.e. cycling, swimming, etc.), you will need to speak with your surgeon or the clinic.*
5. When may I go back to work?  
*This is a great question for your surgeon. Each procedure has different restrictions and activity recommendations. Your recovery nurse will go over this with you before discharge.*
6. How do I get a note to be excused from and return to work?  
*This information must come from your surgeon's office. Please call the clinic and they will be happy to send you this form.*
7. How will I take a shower after surgery?  
*In general, it is okay to take a shower as long as your surgical site is covered and kept from getting wet. We recommend placing your impacted extremity in a trash bag and taping around the top. Your recovery nurse will help you figure out the specific details for your surgery.*
8. Who do I call to make a post-op appointment?  
*Please call your surgeon's office to make a follow up appointment.*
9. How long will I have to stay in the recovery room?  
*Each patient recovers at a different pace based on many factors including type of surgery and different types of anesthesia used. The patient's age and baseline health status also impact the progress to discharge time. On average, our patients spend about 1.5 hours in the recovery area after surgery.*