

BEFORE SURGERY

You will need to be scheduled for a pre-op admission appointment at the hospital approximately one week before surgery. This may be done over the phone or in person depending on your specific surgery and history. You may contact pre-op admissions at (512) 504-5182 to schedule an appointment, or for any further questions.

- Please contact Dr. Anderson at Hays Surgical Associates if you develop a cold, sore throat, fever, or any other illness before your surgery.
- Do not take any alcohol, or mind altering drugs for at least 12 hours before your surgery. You may take your usual medication with a sip of water up to 4 hours before your surgery.
- Typically, you may not have anything to eat or drink after midnight prior to your surgery. This includes water, hard candy, mints, and gum. If your surgery is scheduled for later in the day, please follow the instructions below:
NO FOOD AFTER: _____AM/PM
Small sips of water until _____AM/PM
- Please make sure that Hays Surgical Associates has a good telephone number to reach you within 4 hours of your surgery time in case of a delay.
- Please make sure that all of your lab or radiology work (if ordered) is completed prior to surgery so Dr. Anderson can review it.
- Please fill any prescriptions that Dr. Anderson has given you before surgery. This allows you to already have your medications waiting for you at home.

PAIN

- Pain is very common after any surgery. Please take your pain medications that were prescribed for you. It is best not to let your pain get out of control. Take your pain medication according to the instructions, and at the first sign of pain. DO NOT wait until the pain is unbearable as it will take longer to get the pain relief desired.
- Nausea is a common side effect when taking some pain medications. You may take medication for the nausea along with the pain medication for a better result.
- Constipation is another side effect of pain medication. You may take an over the counter stool softener to help alleviate the possibility of constipation and the anxiety of a bowel movement after abdominal surgery.
- If your pain is not being controlled by your medication, please call Dr. Anderson at Hays Surgical Associates for further instructions (512) 268-8050



C. Erik Anderson, M.D.

To all of my patients, I thank you for choosing me as your surgeon. I take great pride in the care that I give you. I want you to know that I will do my best to make this a positive and easy experience for you. I am dedicated to you as my patient, and to provide you with the utmost quality care possible. Once again, I thank you for choosing me to perform your surgery and please don't hesitate to call me if you have any questions or concerns.



C. Erik Anderson, M.D.
(512) 268-8050

Surgical Appointment Brochure

YOUR SURGERY IS SCHEDULED FOR:

Date: _____ **Time:** _____

Arrival Time: _____

Place: Seton Medical Center Hays
6001 Kyle Pkwy, Kyle TX 78640
(512) 504-5000

Please contact Hays Surgical Associates or Dr. Anderson with any questions or concerns you may have prior to your surgery. We want all of our patients to have the best quality care and positive experience possible.

At Hays Surgical Associates, we are committed to quality care. Your level of pain is an integral part of this commitment. You have certain Rights and Responsibilities as a person in pain. Please ask your nurse or caregiver for a copy of these Patient Rights and Responsibilities.

DAY OF SURGERY

- Please try to relax, you are in great hands with Dr. Anderson. He has many years of experience, and his goal is to make this as easy as possible for you.
- Wear loose and comfortable clothing. Don't forget a pair of socks.
- Leave all valuables and jewelry at home.
- Do not wear any make-up or lotions
- Shower or bathe before coming to the hospital
- Bring something to read in case of a longer than expected wait
- If you are staying overnight, don't forget to bring a small bag with your basic toiletries, slippers, bathrobe, or any other items you may need.

INSURANCE

- Hays Surgical Associates will obtain pre-authorization from your insurance company prior to your scheduled surgery date. However, it is best to confirm this with your specific insurance company.
- Please contact your specific health insurance carrier to make sure that you have all the referrals and approvals needed prior to surgery. They will also be able to answer any further insurance questions that you may have.

IMMEDIATELY AFTER SURGERY

- After surgery you will be taken to the recovery room until you awaken from anesthesia. Every attempt will be made to control your pain throughout the entire process.
- Your family members will not be allowed in the recovery area, but Dr. Anderson will talk to them in the surgery waiting area.
- If you are going home the same day, you will need to make arrangements to have someone drive you home. You will not be allowed to drive home yourself.
- You should have someone stay with you for at least the first 24 hours after surgery.
- If you are admitted to the hospital, you will be transferred to your room from the recovery room.
- You will be given discharge instructions prior to you leaving the hospital. Please make sure that you read and understand all of these instructions.

COMMON SIDE EFFECTS AFTER SURGERY

- Anesthesia may cause constipation and nausea. If these symptoms do not resolve after three to five days, please call Dr. Anderson.
- Bloating and gas can be a side effect from your operation. Sometimes the pain from this can even go to your shoulders. Walking around will help alleviate some of the discomfort. If you are experiencing severe shoulder pain, lie on your back with your hips elevated on pillows. This will often relieve some of the shoulder discomfort.
- If you notice a fever over 101.5F, increased pain, redness around your incision, increased drainage, or increase in odor, please call Dr. Anderson immediately. Any or all of these symptoms could be a possible sign of an infection, which may need additional treatment.