



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي
King Fahad Hospital The University

Pre& Post Surgery Instructions



Why should I know the pre & post operative instructions?

There are some instructions which patient should know before, during and after the surgery that might help to reduce the anxiety and distress that the patient may have and patient's understanding of these procedures makes it easier for the caregiver and reduce the pain which the patient may have after the surgery.

These instructions include pre-operative procedures such as examinations and instructions that should be given to patients and their families, as well as the type of anesthesia that the patient will receive and the time the surgery will take, and expectations for the condition that he will be in, as well as the his cooperation with the medical team before and after the surgery



What are the instructions for admission to the hospital?

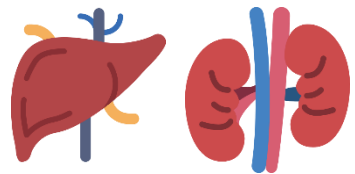
- When you are admitted to the hospital for an operation, the doctor orders some laboratory tests, such as blood and urine tests, and chest x-rays and your weight and height measures.



- If you are over 40 years old or suffers from heart diseases, an electrocardiogram is performed.



- Examination of the function of the liver and kidneys, and the percentage of blood flow .



What are the instructions for admission to the hospital?



- Your doctor takes into account that the patient is in the best possible health condition, whether physical or psychological.

- You will be asked about your medical history, if you're allergic to certain substances or medications or if you are a smoker.



What are the pre-operative instructions?

1. Signing the consent form:

You must sign the consent form after being fully aware of what the surgeon will do and the changes that accompany it.



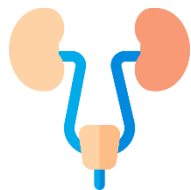
2. Avoiding eating and drinking:

You should avoid eating and drinking **10-12 hours** before the surgery, except for medications given by the nurse. This is to reduce the risk of vomiting and prevent airway obstruction.



3. Emptying the stomach and urinary system (bladder):

Surgery in the lower part of the body requires emptying the intestines of its contents, and this is by enema, which reduces the risk of infection of the wound during anesthesia, and the bladder must be emptied immediately before the operation.



What are the pre-operative instructions?

4. Relaxation and sedatives:

The body needs strength to adapt to surgery, so you have to relax before surgery, and the nurse will give you special medications for that and you should sleep enough the night before the surgery, but no one can guarantee that, so the doctor orders to give the patient a sedative before bed.



5. Preparing the place or location for surgery:

you must clean and shave the surgical site from the hair and scrub the area with an iodine sterilizer, some surgeons may not prefer to prepare the surgical site in advance.



What are the pre-operative instructions?

6. Giving pre-operative medications:

The pre-operative medication will be given at a specific time. This medication helps to:

- Reduce patient anxiety.
- Reduce the secretion of mucus and some other fluids.
- Reducing nausea and vomiting and strengthening the effect of the drug.



7. Anesthesia:

Before the surgery, the anesthesiologist will discuss the type of anesthesia you will receive. The purpose of the anesthesia is to:

- prevent pain.
- Give as much muscle relaxation as possible.
- Reducing fear, anxiety and oblivion.



What are anesthesia types?

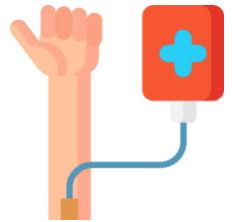
First: By inhalation

It is one of the oldest types and is easy to be controlled.



Second: Intravenously:

One of the benefits of this type is that the patient sleeps quickly and reduces vomiting and nausea while regaining consciousness after surgery.



Third: Local anesthesia:

It is only in the surgical site, while the patient will be conscious, it's performed by many ways:

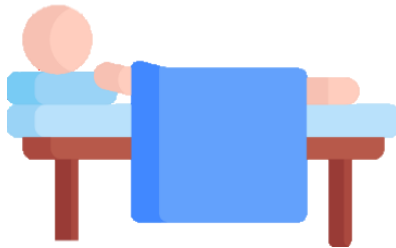
- Inject the substance under the skin.
- Wiping the place with the drug in areas such as the mouth and nose
- Or in the spine and is called a spinal anesthesia.



What are anesthesia types?

Fourth: Total anesthesia:

In this type of anesthesia, the entire body will be under the influence of anesthesia and the patient is unconscious.



What are recommended exercises after the surgery?

Practicing exercises after the surgery helped to activate the blood circulation and speeds up recovery, so you have to walk several steps in the room with the help of the nurse and change your position in bed according to the instructions of your treating doctor.



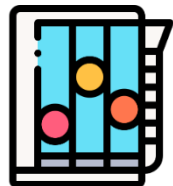
Below are some important and useful exercises you can practice:

First: Deep breathing and coughing.

- Take a deep breath slowly and then let it all out slowly.



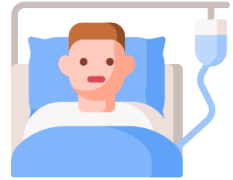
- A **spirometer** can be used, which aims to expand the lungs, repeat with the spirometer ten times.



What are recommended exercises after the surgery?

First: Deep breathing and coughing.

- Sit in a comfortable position and support your wound with your hand or a pillow to prevent pressure on the wound .



- Cough several times while still holding the wound with your hand or a pillow and spit the mucus into a tissue, and consider the following:

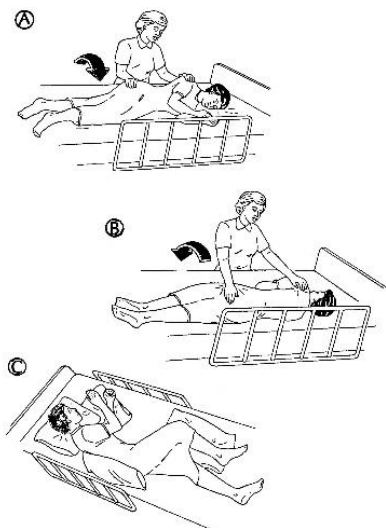


- ❖ Avoid coughing if you have an operation in the eye, brain, spine, tonsillectomy, and hernia because it causes strong pressure.
- ❖ Practice this exercise four times in a seated position if the medical staff allows you to do it every hour.

What are recommended exercises after the surgery?

Second: Rotation easily:

- Lay on your back for an hour.
- To turn to the right side, bend your left knee and place your right foot on the mattress. Lie on your right side for an hour.
- Extend your left hand and catch the right side rail of the bed.
- To turn to the left, repeat what you did last time, and lie on your left side for an hour.



What are recommended exercises after the surgery?

Third: Leg exercises

First exercise

- Move your toes down.



- Then return it to normal.
- Move the toes toward your body and then return them to the normal position.



- Repeat this exercise **four times**.

What are recommended exercises after the surgery?

Third: Leg exercises

Second exercise

- Move your feet in a circular motion first to the right, then to the left.



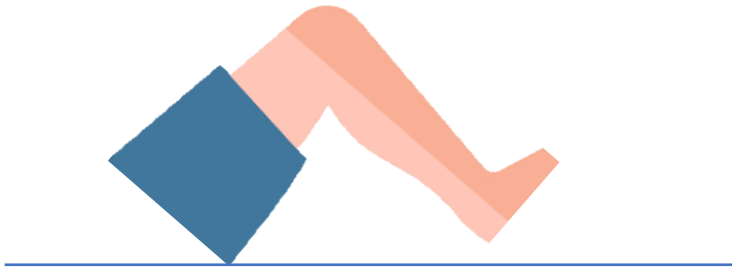
- Repeat this exercise **four times**.

What are recommended exercises after the surgery?

Third: Leg exercises

Third exercise

- Bend one knee, then the other, pulling the foot toward your body.
- Repeat this exercise **four times** for each knee.

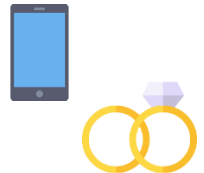


What are the procedures on the day of the surgery?

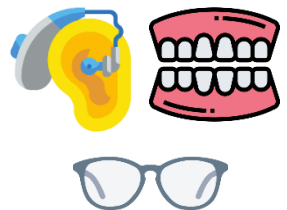
- You will be notified about the scheduled surgery time, the time the patient leaves the room, the duration of the surgery, the effect of the pre-operative medication, the waiting area for the family and the time when the patient can be seen.



- On the day of the surgery, you should give your valuables to your family such as: watches, jewelrys, and phones.



- You have to remove the artificial hearing aids, the artificial dentures, eye glasses and contact lenses.



What are the procedures on the day of surgery?

- You have to take a full bath, then put on the surgical gown, and (for women) you must remove the clips from your hair and braid and put on a head covering to cover it.



- If you are a smoker, you must stop **two weeks** before the surgery, because smoking increases the risk of respiratory problems after regaining consciousness from anesthesia.



- You should wear the patient ID that has your name and your medical record number all the time.



What are the procedures after the surgery?

First: in the recovery room

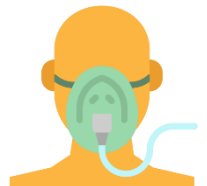
- After the completion of the surgery, you will be transferred to the recovery room where you will be closely monitored and your condition will be examined after you have recovered from the anesthesia for approximately 45-60 minutes.



- The nurse will check your vital signs such as: pulse, temperature, breathing, and blood pressure.



- You will be given oxygen through a mask or nasal tube.



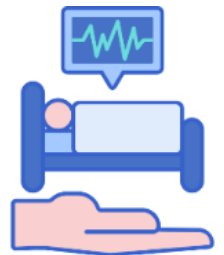
What are the procedures after the surgery?

First: in the recovery room:

- You may be asked to move your foot or cough, or take a deep breath to make sure you regain consciousness and when you are stable you will be moved to your room.



- Some critical cases are transferred to the intensive care unit for observation if necessary after the operation.



What are the procedures after the surgery?

Second: in the patient's room:

- The nurse will check your vital signs several times to, instruct you on how to change position in bed and help you walk several steps in the room.



- The nurse will give you breathing and coughing exercises, and will instruct you how to change your position in bed and walking.



- If you have pain, notify the nurse, she will give you medications if needed as described above, and you will be connected to an IV to prevent dehydration. You may have a tube to collect the pus at the surgical site and you may have a catheter to collect the urine.



What are the procedures after the surgery?

Second: in the patient's room:

- If you are breathing well, there is no need to supply you with oxygen.



- You may feel nauseous and vomit a little, and your mouth dry, so the nurse will give you a few drops of water, if your condition permits



- The nurse will examine the wound several times a day and check it for any signs of redness and swelling.



Call the nurse in the following cases:



- When you feel pain
- When you want to go to the bathroom.
- When you face any problem in order to tell the doctor to do the necessary.

If your condition improves:

- ❖ Your doctor will decide when you will be discharged and return to your daily activities.
- ❖ You will be provided with some tips about your health condition so be sure to apply them.



Sources and references

All pictures used are from the flaticon.com

Review and audit:

The content of this booklet has been reviewed by consultants of the
Surgery department at King Fahad University Hospital

Health Awareness Unit

IAU-20-128



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي
King Fahad Hospital The University