	KALİTE YÖNETİM DOKÜMANLARI	Doküman No: EY-YD-49 Yayın Tarihi:20.10.2020
	INFORMATION/EDUCATION BROCHURE FOR PATIENTS AND THEIR RELATIVES BEFORE AND AFTER SURGERY	Revizyon No:01 Revizyon Tar.: 30.01.2024 Sayfa No :1/4

This document has been created as a supportive education document in addition to the verbal information provided by physicians and nurses.

GENERAL INFORMATION

- The term preoperative preparation is to determine whether the patients' general health condition can withstand the planned operation and the necessary anesthesia. Surgery to be performed is a controlled trauma to the body, whether closed or open, and the body responds to this trauma as it responds to other traumas (such as fall-accident etc.).
- Quitting smoking before surgery will facilitate anesthesia as well as reduce the likelihood of lung disease that may occur after surgery, coughing, inflammation of the trachea, edema in the lungs, etc.
- Our recommendation to patients is to try to get at least 8 hours of sleep in the days leading up to the surgery. Sleep will speed up the recovery process after the surgery.

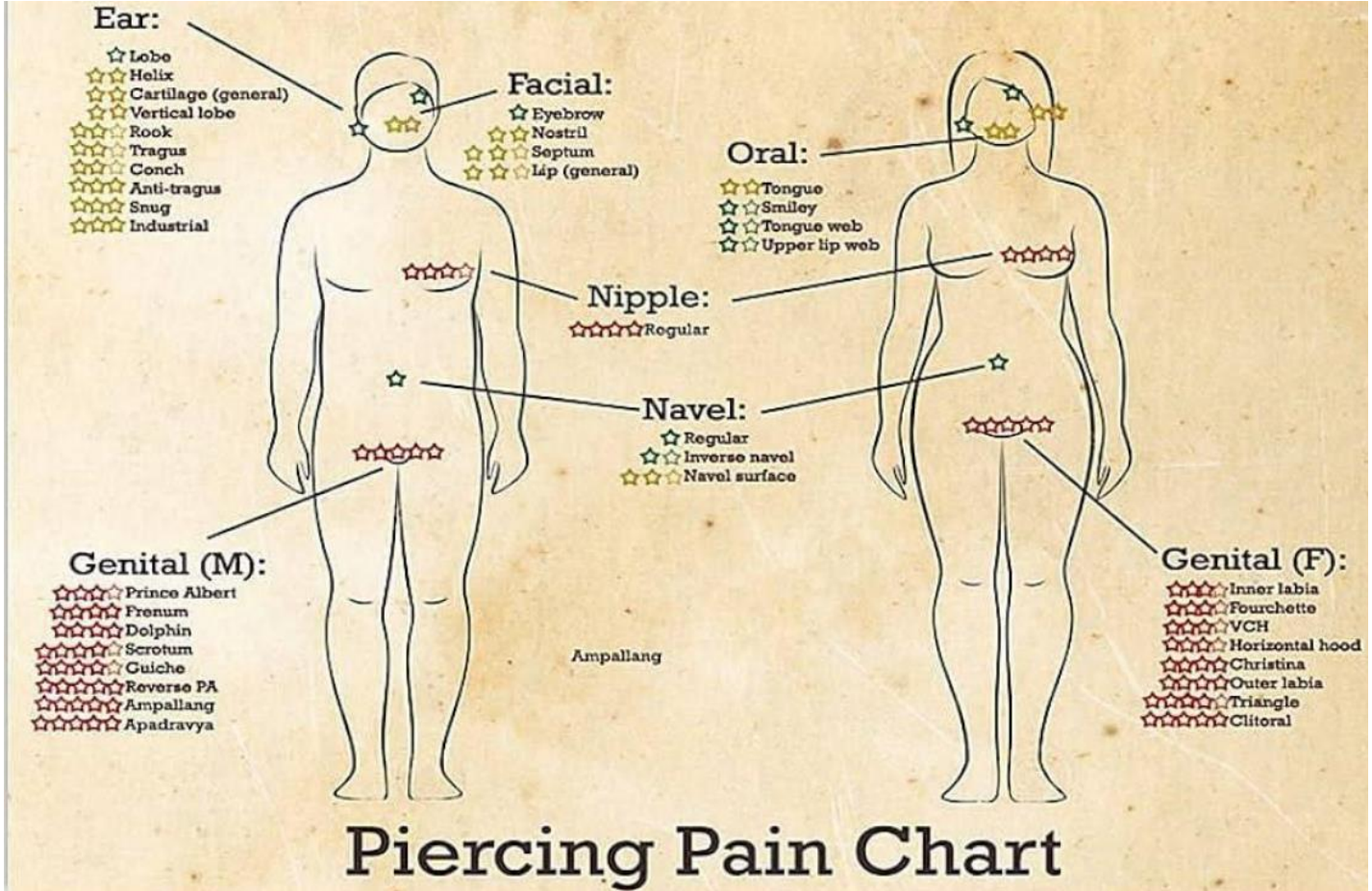
PRE-OPERATIVE

- You may not be able to take a shower for a while after the surgery. Therefore, take a shower or bath in the evening before the procedure or in the morning of the day of the procedure. This will reduce the rate of bacteria in the skin. Learn how long to go without a bath before leaving the hospital.
- Please stop eating/drinking at least 8 hours before the operation, do not eat or drink anything unless your doctor tells you otherwise. If the stomach is not empty during the operation, food or water coming out of the stomach and entering the trachea can pose serious hazards. Do not drink anything, including water. If you do not follow this rule, your surgery may be delayed or postponed.
- When you come to the hospital for the operation, be sure to bring the medications you are currently taking. If you have diabetes, be sure to bring your insulin.
- If you are taking one or more of the following medicines, be sure to inform your doctor. Your doctor may make a new arrangement for you to take medication for your surgery.
 - Blood thinners (Aspirin, plavix, coraspin, etc .)
 - Diabetes medications (Insulin, oral diabetics)
 - Antidepressants
 - Blood Pressure Drugs
 - Epilepsy drugs
- Your surgical area will be checked and marked by your doctor before the surgery. According to this sign, the hair in the area where the surgery will be performed and the surrounding area can be shaved where necessary.
- Being on your menstrual period for our female patients does not prevent your surgery, but inform your doctor that you are on your menstrual period.
- Read or ensure that someone reads the information form called consent form about what will be performed before the surgery and what kind of surgery will be performed, and sign it under the sentence

"I HAVE READ, UNDERSTOOD and ACCEPT IT. This is a compliance agreement that you have made with your doctor. Be sure to ask everything you want explained.

WHILE GOING TO THE OPERATING ROOM;

- Any personal belongings such as lenses, goggles, hearing aids, removable prosthetic teeth, jewelry, buckles should be removed.




OPTIMED	KALİTE YÖNETİM DOKÜMANLARI	Doküman No: EY-YD-49 Yayın Tarihi:20.10.2020
	INFORMATION/EDUCATION BROCHURE FOR PATIENTS AND THEIR RELATIVES BEFORE AND AFTER SURGERY	Revizyon No:01 Revizyon Tar.: 30.01.2024 Sayfa No :3/4



- Take off your clothes and underwear and wear the operating room garment given to you. Give all kinds of jewelry, money and all kinds of valuables, including wedding rings, to your family. If you do not have a relative with you, the service nurse will help you and ensure that your valuables are kept locked.
- Remove all nail polish and lipstick. This will make it easier for the anesthesiologist to control your blood circulation during the surgery. This is also important for the tools that measure the oxygenation of your body from the nail bed.
- It is important to urinate and drain your intestines before going to the surgery, depending on the type of surgery to be performed. When necessary, your doctor will make a request. The service nurse will also perform the application.
- If you have been asked for medication by your doctor, it will be administered orally, intravenously or intramuscularly before going to surgery. Do not get out of bed after medication administration.
- On your way to the operating room, the healthcare professional and the staff will take you to the operating room with a wheelchair, stretcher or bed depending on the type of your surgery.
- Your family or friends can accompany you to the entrance of the operating room.
- Your relatives can wait in the waiting area at the entrance of the operating room, in your room or in the cafeteria during the surgery.
- A significant part of the time spent in the operating room will be required for preoperative anesthesia preparation and sterile preparation and covering of the surgical site, and for awakening after the surgery is completed. These times may vary depending on the size of the surgery.
- Surgeries are performed with or without anesthesia. With anesthesia, you sleep and hear nothing, but in spinal or local numbness, you feel every touch without pain.
- After the surgery is completed, your doctor will inform your relatives in your room.

AFTER THE OPERATION;

- When you return to your room, the service nurse will check your vital signs (such as blood pressure, pulse, fever, pain) and your surgical site more frequently for the first 24 hours.

	KALİTE YÖNETİM DOKÜMANLARI	Doküman No: EY-YD-49 Yayın Tarihi:20.10.2020
	INFORMATION/EDUCATION BROCHURE FOR PATIENTS AND THEIR RELATIVES BEFORE AND AFTER SURGERY	Revizyon No:01 Revizyon Tar.: 30.01.2024 Sayfa No :4/4

- In some surgeries, a drain is placed to remove bleeding from the surgical site, this is for your safety.
- After the surgery, your doctor and nurse will check your surgical site when necessary.
- It is natural for you to have some pain after the operation. This uncomfortable condition will be terminated with patient-controlled analgesia device (PCA-pain pump) or intramuscular medication if deemed appropriate by your physician. When you have pain, inform your nurse. Do not suffer pain.
- Special socks will be worn to prevent slowing of the blood circulation and blood clots in surgeries that should be hospitalized for a long time or in patients at risk.
- It can also be attached to your legs in a device called a compression device. These socks will provide better blood flow from your legs to your heart.
- Starting to walk immediately after permission will reduce this risk.
- Anesthesia and surgical procedure will slow your digestive system. Once you are fed intravenously, you will be given liquid foods. Then your normal diet will be started depending on your tolerance and digestive system movements.
- Your nurse will help you when you are allowed to get out of bed. At the time of getting out of bed for the first time, move slowly, do not get up alone and wait for your nurse. He/she will tell you how to do it and accompany you. When you get out of bed, first sit on the bed after standing up, and if you do not feel dizzy, start walking on the arm of your nurse or relative.

WHILE LEAVING THE HOSPITAL;

- Antibiotics and painkillers,
- Your report,
- Your epicrisis (discharge report),
- When to return to active life, bath time,
- When to start sexual intercourse,
- Movements required,
- When to check in

will be explained in the Discharge Summary and Post-treatment Patient Education Form. A copy will be delivered to you. If necessary, you can contact your doctor and our hospital at any time for the questions you want to ask.

We wish you healthy days.