

Preparing for Wide-Awake Surgery with Local Anesthesia



**South Shore
Hospital**

**Center for Orthopedics,
Spine and Sports Medicine**

PART OF **South Shore Health System**

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The surgical team at South Shore Hospital's Center for Orthopedics, Spine and Sports Medicine is looking forward to providing you with the best care possible. This brochure is intended to prepare you for your upcoming surgery. Please contact your surgeon's office directly with any additional questions.

Guidelines: The Day of Local Anesthesia Surgery

You may eat and take regular medications the day of your surgery. You can expect to be at the Surgery Center for approximately two to three hours. Unless otherwise advised by your surgeon, you will be able to drive yourself home after surgery.

Personal Care

- You can shower the night before or day of surgery, but please do not use conditioner or apply products such as gel, mousse or hairspray.
- Do not use any perfume, cologne, skin cream/lotions or powder after your shower.
- Remove all makeup, nail polish, hair accessories, contact lenses and jewelry (including any body piercing) before leaving home.
- Take any regular medications as instructed by your doctor on the day of your surgery. Bring a complete list of your medications, noting the last dose taken.

Pre-Operative Area

After you arrive, you will be asked to change into a hospital gown and slipper socks. An IV line for antibiotics may be placed prior to your surgery.

What to Expect in the Operating Room

You will be wheeled into the operating room either on a stretcher or in a wheelchair, and transferred to the operating table with surgical drapes to maintain a sterile area. The operating room is a brightly lit, cool environment — you'll be kept comfortable with warm blankets. Your blood pressure and oxygen levels will be monitored. An orange-colored topical preparation solution will be applied to the operative site to help decrease the risk of infection and will remain on your skin.

Before surgery begins, your surgeon will administer the local anesthesia. This may be initially uncomfortable. Once the surgery begins, both your doctor and nurse will explain each step as you go along. You may feel pressure and/or a pulling sensation during the surgery. If this feels too uncomfortable, please tell your care team and more local medication may be administered. The doctor may apply a tourniquet, similar to a blood pressure cuff, on the operative arm or leg, to help control bleeding — it will feel tight. As the surgery concludes, a dressing will be applied to the surgical site before you leave the operating room.

Questions?

Please contact your surgeon's office directly or contact the department of Orthopedic Surgery at (781) 624-2877.