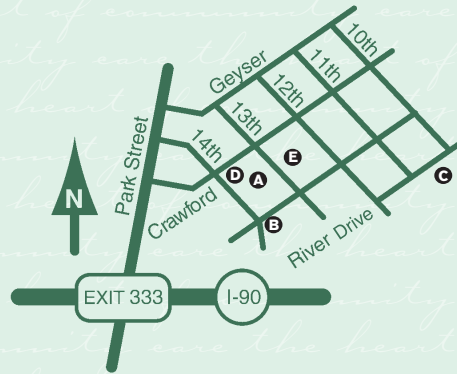


Before Your Surgery...

- Your pre-operative visit at the hospital is scheduled for _____.
- Do not eat or drink anything after midnight prior to your surgery. Take your prescription medications with a small sip of water, unless instructed otherwise by your surgeon or pre-op nurse.
- Ask your surgeon to let you know when you should stop taking Aspirin or NSAIDs (i.e. Motrin, Ibuprofen, or Aleve), and talk with him/her about any herbal supplements that you are taking.
- Notify your surgeon if you are taking any blood-thinning medications.
- Do not use tobacco products or drink alcohol for at least 24 hours before surgery.
- We will provide you with special antimicrobial soap. Shower with the soap the night before and the morning of your surgery, using it only from your neck down. Be careful to keep the soap away from your eyes.
- Wear loose, comfortable clothing that will be easy to put on after your operation.
- Please do not wear jewelry, body piercings, or contact lenses.
- Please feel free to wear light make-up, except for mascara. Please talk to your pre-op nurse about nail polish or acrylic nails.
- Do not shave your legs or underarms for 48 hours prior to surgery.



Preparing for Your Surgery

What to Expect

Livingston HealthCare includes:

- Livingston Memorial Hospital
- Home Oxygen
- Orthopedic and Rehabilitation Institute
- Park Clinic (River Drive)
- Park Clinic (West Crawford)
- Home Care & Hospice Care
- Sleep Center, 1429 West Montana

Since 1955, Livingston HealthCare has provided premiere quality healthcare to the residents of Park County and surrounding communities. We keep our community healthy with a broad scope of services provided by well-trained and highly-skilled professionals. At Livingston HealthCare, we believe that **the way we care** is as important as the healthcare services we provide. That's why we like to say that we're more than just healthcare. We're really **the heart of community care.**



LivingstonHealthCare

504 South 13th Street • Livingston, Montana 59047
Phone: (406) 222-3541 • Fax: (406) 823-6499
www.livingstonhealthcare.org



LivingstonHealthCare
the heart of community care

For your health, our campus is tobacco free.

Preparing for Surgery

The news that you need to have surgery can be overwhelming. The more you're prepared, the better your outcome. Ask your surgeon to explain what to expect, the benefits and risks, your recovery plan, and any other questions you may have. You will be given many instructions to follow for your care prior to and following the surgery. All of these steps are in place to ensure your safe surgery and rapid recovery.

We're Here to Help

Please do not hesitate to call us with any concerns or questions—at any time. You can call your surgeon at 406-222-9970 (general or orthopedic) or 406-222-0800 (OB/GYN). You may also call the hospital at 406-222-3541.

Knowing what to expect before and after your surgery can make the process much less overwhelming.



After Your Surgery...

- You will receive written instructions, as well as any prescriptions that you will need, before you go home.
- A responsible person must drive you home.
- Do not drink any alcoholic beverages or sign any legal documents for 24 hours after surgery.
- A nurse from the hospital will attempt to contact you within the first few days following surgery to check on your recuperation and answer any questions you may have.

Where do I check-in?

A nurse from the hospital will call you the afternoon before your procedure to give you an arrival time.

When you arrive, check in at the patient registration area prior to your surgery. Someone will escort you from there to your room.

Patient Billing

Most health insurance companies, including Medicare, cover our surgical services. At your request, our business office would be happy to verify your insurance coverage for you.

contact us

For More Information

Please talk with your physician or call **406-222-3541** and ask to speak with a surgical nurse.