Welcome

Thank you for selecting North Valley Hospital for your upcoming surgery.

Our goal is to make a positive difference in the lives of those we serve through compassion and excellence in patient care.

We hope your surgical experience will be one that you would recommend us to your family and friends.

Thank you for allowing us to care for you!

Pain Control

Keeping your pain under control after surgery is very important.

It may take 45 minutes to an hour for the pain medicine to take effect.

Remember to eat something before you take your pain medicine; it is less likely to make you nauseous if you do. Also drink plenty of fluids with your pain medication.

Since pain medication is constipating, we will send you home with a sample pack of stool softeners.

Take your pain medication as instructed. If you find it is not working for you, please call your doctor.

Main Phone: 406-863-3500
Pre-Admissions (PAT): 406-863-3687
Surgery Phone: 406-863-3574

Surgery Date & Time:

Post op follow up with Doctor:

NVH Surgery Phone #: (406) 863-3574

Please call between 12PM and 3PM on:______________ to confirm your arrival time for surgery or come to the hospital at:

on

NORTH VALLEY HOSPITAL

1600 Hospital Way • Whitefish, MT 59937
www.nvhosp.org

Your Surgery
Preparing for Your Arrival

- Nothing to eat after midnight (including gum and candy).
- Your oral intake is very important for your surgery. If these instructions are not followed, your surgery may be cancelled.
- You may have clear liquids 4 hours prior to your arrival time at the hospital such as coffee without creamer, tea, water or apple juice. (NO MILK OR MILK PRODUCTS AND NO PULP IN JUICE)
- No smoking, chewing tobacco, or alcohol 24 hours prior to surgery.
- Shower the night before and the morning of surgery using an anti-bacterial soap.
- Wear loose fitting clothes.
- Please remove all jewelry before coming to the hospital and leave at home - this includes all body piercings.
- If you wear contacts, remove them and bring your eye glasses.
- Please leave valuables at home or with a loved one.
- Bring copies of Advanced Directives and/or Living Will if copies are not already on file with North Valley Hospital.

Medications

Take the following medications with a sip of water the morning of surgery.

______________________________________________________
______________________________________________________
______________________________________________________
______________________________________________________
______________________________________________________

Special Instructions

All female patients who have begun menses and have not been menopausal for one year or had a tubal ligation or hysterectomy will have a urine pregnancy test performed the day of surgery.

If you use an inhaler or wear a c-pap please bring these with you the day of surgery.

Understand that surgery times are approximate and may vary based on the surgical schedule.

Post Operative Care

Ankle Pumps (FIGURE A)
Slowly point your feet down and then back up. Repeat this 6-8 times while you are awake.

Ankle Circle (FIGURE B)
Slowly rotate your ankles in a circle. Repeat this 10 times 6-8 times a day while you are awake.

Deep Breathing Exercises (FIGURE C)
Breathe in slowly and deeply through your nose, hold your breath for a count of three then breathe out. Repeat this 10 times an hour while you are awake. Coughing will also help keep your lungs clear. Make sure to support your abdomen with a pillow if you had abdominal surgery.

It is important that a responsible person drive you home at the time of discharge and a responsible person needs to remain with you for 24 hours following discharge.