



Getting Ready for Surgery at Montana VA Billings Health Care Center

Welcome to Montana VA

- Our health care team is here to provide you with excellent care.
- The more you know, the more successful your surgery will be. So sit tight, and we'll share some really important information with you! This won't take long!

Do you need Physical Therapy after your surgery?

- If you have been told you will need Physical Therapy after your surgery, this will need to be coordinated **BEFORE** your surgery.
- VA Physical Therapy services are available at Fort Harrison, Billings HCC, Miles City CBOC, and Missoula CBOC. If you will not be attending Physical Therapy at a VA facility, you must contact HealthNet to use the Choice Program.
- To make a Physical Therapy appointment through the Choice Program, please call 1-866-606-8198.

When to stop eating and drinking

Please remember **not to eat, drink, chew gum or use any tobacco products** after midnight the day before your surgery.

The morning of surgery, take only the medication you were instructed to take with a sip of water.

REVIEW:

- ***Do not*** eat, drink, chew gum or use any tobacco products **AFTER MIDNIGHT**
- *You may* brush your teeth.

Surgical Site Preparation

- Shower the morning of surgery
- Follow skin prep instructions if you were given cleaning cloths
- Remove nail polish
- *If instructed:* complete bowel prep
- **DO NOT:**
 - shave the surgical site
 - apply lotions, perfumes, colognes, deodorant, powders or make-up
 - use hairspray, hair products, bobby pins, hair clips

Medications

- If you take blood thinner medication, you must discuss this with your surgeon. Follow their instructions!
- The morning of surgery, take only the medication you were instructed to take with a sip of water.

What to bring

- **A Driver!** Your driver needs to stay at the clinic the whole time
- Loose fitting, comfortable clothing

Do NOT bring

- No jewelry, including:
 - Wedding bands
 - Body jewelry
 - Piercings
- No Watches
- No Money, Wallets, Purses
- No Cell phone
- No Other Valuables

Post-Op (After Surgery)

- After your procedure, if you are going home, you will be required to have a responsible adult (18 years or older) to drive you home.
- It is recommended to have someone stay with you for the first 24 hours.

When to report for surgery

- You will receive a call within a week before your surgery with the time to report.
- At your assigned time, check in at the Majestic clinic surgical check in, with your driver! (First door on the left from the main entrance).
- Call **406-373-3594** with questions.

If you become ill...

Ensure that you notify your surgical team if you develop any illness between now and your scheduled date of surgery.

- This includes:
 - Fever
 - Rash
 - Cold
 - Any other illness symptoms

Important things to remember

1. Bring a driver to stay the whole time!
2. Nothing to eat or drink after midnight
3. Keep valuables at home
4. Call your surgical team if you develop any illness, cold, flu symptoms (**406-373-3594**)
5. Review and follow medication instructions
6. Wear comfortable, loose clothing
7. Bring your VA identification card
8. Bring crutches, or other assistive devices
9. Review checklist and the contents of your Montana VA surgical folder

Closing

We hope your experience will be a positive one.
We appreciate you taking your time to watch this video.

Please follow these instructions so you have the best surgical experience and recovery.

We are eager to take good care of you!

Thank you!

Learn more about your surgery

Watch a video from the Veterans Health Library to learn more about your specific surgery!

www.veteranshealthlibrary.org



Veterans Health Library

Your source for health information