



LAKE CUMBERLAND
Regional Hospital

Leading the way to better healthcare.

*Quick Reference Guide To:
Outpatient Services -
LCRH Outpatient
Surgery Services*

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LCRH Outpatient Surgery Services

Preparation Instructions

Prior to Procedure:

- You will be given an appointment to come and pre-register for surgery. You will need to bring your surgery orders, driver's license, insurance card, and a list of current medications (including dosages).
- During your pre-registration, the nurse will ask you questions about your medical history, get your surgery consents signed, and give you pre-op instructions.
- The day before your procedure, a team member from the Pre-Admission Testing department will call you with your arrival time for surgery. You will need to come to the front registration desk on the main floor at your assigned time.
- Do not eat or drink anything after midnight the night before your procedure. Eating or drinking before surgery is dangerous and may cause your surgery to be cancelled.
- Do not chew tobacco or eat any candy/chew gum after midnight the night before your procedure.
- If instructed by the Pre-Admission testing nurse, you need to take a shower the night before the procedure with the Hibiclens soap provided to you.

Day of Your Procedure:

- If instructed by the Pre-Admission testing nurse, you also need to take a shower the morning of your procedure with the Hibiclens soap provided to you, or you may wash with Dial soap.
- You may brush your teeth, but do not swallow any water.
- You may take your medication, if instructed to, on the morning of surgery with a sip of water.
- Wear loose, comfortable clothing and leave all jewelry and other valuables at home.
- If you wear contacts or glasses, please bring cases to store them in.
- Report to the front registration desk of the hospital at your assigned time. You will be given a white identification bracelet and directed to Surgery Waiting.
- When it is time to go to pre-op holding, the volunteer in Surgery Waiting will take you back to pre-op. Your family will need to wait in Surgery waiting until the pre-op nurse has finished getting you ready. They will then call for your family to come back and sit with you while you wait for surgery.
- In pre-op, you can expect for your vital signs to be taken, an IV started, and an anesthesiologist will speak with you about your medical history and previous experiences with anesthesia.
- The nursing staff that will be with you during surgery will also come visit you in pre-op.

LCRH Outpatient Surgery Services (continued)

During the Procedure:

- An anesthesiologist/nurse anesthetist will continuously monitor your vital signs during your procedure.
- The nurse in the room with you will call and update your family during the procedure.
- Procedure times vary based on the procedure you are having done.

After the Procedure:

- The doctor will go to the surgery waiting room to talk to your family.
- You will be taken directly to the Recovery Room. Your stay in the Recovery Room will depend on the type of anesthesia that you had during your procedure. You can expect to stay between 30 minutes to an hour there.
- Your Recovery Room nurse will call your family and let them know you have arrived in the Recovery Room and the estimated time you will be in there. They will be able to come and see you once you are dressed and taken to the Sitting Room area.
- Please inform your nurse if you are having pain or are feeling nauseated.
- Once you are awake/comfortable and your Recovery Room stay is completed, they will assist you in getting dressed and take you to the Sitting Room area.
- Two members of your family will be able to come and sit with you in the Sitting Room until it is time for discharge.
- The nurse will give your family any prescriptions and discharge instructions. Please be sure to ask the nurse if you have any questions regarding your post-op care.
- You cannot drive or operate heavy equipment for 24 hours after your procedure due to the anesthesia that you received during your procedure.
- You should not sign any legal documents or make any important decisions for 24 hours.

Day of Your Procedure:

- Please be sure to rest when you get home. You have received anesthesia and should not be doing any strenuous or prolonged activity for at least 24 hours (or longer depending on your procedure).
- A nurse will attempt to contact you the day after your procedure to check on you and answer any remaining questions you may have.
- If you have any questions after arriving home, please feel free to call us at 606-678-3279 or call the doctor that performed your procedure. If you experience problems after your procedure and cannot reach your doctor, please go to the nearest emergency room.
- We want each and every patient to have a positive experience when they have a surgical procedure at our facility. Should you have any concerns or questions regarding your visit, please do not hesitate to contact the Surgical Services department at 606-678-3285. They will direct your call to the appropriate supervisor/manager of the department you wish to speak with.

TELEPHONE DIRECTORY

DEPARTMENTS

Centralized Scheduling	606-678-3545
Main Hospital	606-679-7441
Ambulatory Care Unit	606-451-2904
Cardiopulmonary Services	606-678-3139
Laboratory Services	606-678-3160
Radiology Services	606-678-3175
Surgery Center	606-678-9688