

7 Things Every Patient Should Know Before Going Into Surgery

WHITE PLAINS, N.Y., July 23, 2013 (SEND2PRESS NEWSWIRE) – According to Neuro Alert, very few people escape going under the knife at least once in their lifetime. Having complex surgery can be stressful and even nerve-wrecking. As you are getting ready for one of the most important days of your life, a wide variety of questions will inevitably arise: How long will it take to recover? When can I get back to work? How do I make sure I will be safe throughout the whole procedure? How will I know if the operation is a success? And how do I avoid accidental injuries during surgery?

Preparation can go a long way in making sure that you are ready for your surgery, both mentally and physically. Certain injuries or infections can make recovery more difficult and lead to illness, stress and enormous costs. Therefore, it is absolutely crucial that appropriate prevention efforts are taken.

Below are a few vital areas where you can take positive steps to prepare yourself for surgery.

1. Choose Your Surgeon, Surgical Facility and Time of Surgery.

Fortunately, most patients have the opportunity to choose their surgeon and their hospital. Do your homework and learn as much as you can about different options available to you. Ask around, talk to your friends, relatives or colleagues, and get second opinions if you deem necessary. Your primary care provider may refer you to a specialist for consultation. You may also find out if your surgeon utilizes minimally invasive techniques and more advanced surgical methods, which can minimize the possibility of trauma to a patient's anatomy and result in a shorter hospital stay and more expedient recovery.

When considering a surgical facility, you may reach out to hospital PR offices and request the information you need. If you are bracing up for major surgery (i.e. spinal, nerve, or brain surgery), don't be afraid to ask how many procedures the hospital has conducted in past. The more often the surgical staff performs a particular technique, the more expertise they develop. Furthermore, you have to decide whether you need a small private facility, teaching hospital or community hospital.

Before surgery, you may request a list of dates and times available for surgery and schedule the procedure at the convenience of your family and work.

2. Ask a Lot of Questions.

In the days leading up to your surgery, discuss all your health problems/concerns, medical history and home problems with your physician. Don't forget to mention all the medications, vitamins or herbal supplements you take. Keep in mind that these issues could impact your surgery and your

treatment. You should also ask if you need to get antibiotics prior to surgery. Evidence suggests that patients who ask a lot of probing and specific questions and actively participate in their own care, enjoy better clinical outcomes.

3. Consider Monitoring to Avoid Potential Injury.

It is important to know that there are different types of monitoring services available to patients, depending on their condition and the surgical procedure. Some patients with heart disease may benefit from cardio monitoring, while others may consider EEG monitoring to measure the effect of anesthetic medications during surgery. Patients who need to undergo neuro, spine, vascular, ENT or peripheral nerve surgery may request neuromonitoring to protect their nervous system and avoid serious complications that can accidentally arise during major procedures.

Neuromonitoring, also known as Intraoperative Neurophysiological Neuromonitoring (IONM), helps to monitor and guide the surgical team and effectively diagnose conditions in the neuromuscular system. IONM is a crucial and cost-effective tool designed to detect, prevent and treat neurologic injuries during surgeries. You may want to consult your physician regarding this valuable procedure and find out how it could effect your safety and surgery results. Please note that neuromonitoring allows surgeons and their support teams to instantly pick up early signs of neurologic deficit and take corrective action, which would be impossible to accomplish without real-time monitoring. You can benefit significantly from advanced monitoring technology and avoid potential damage to your nervous system. IONM continues to improve the standard of care and is gaining enormous popularity among surgeons and patients alike.

4. Get in Shape Before Surgery.

This one is a no-brainer...The healthier you are going into surgery, the faster you will heal and get back on track. This can also be a good time not only to increase your workouts and yoga sessions but also evaluate your diet.

5. It is Never Too Soon to Prepare for Your Post-Surgery Recovery.

While you are getting ready for a big day, interviewing healthcare providers and researching various intraoperative monitoring methods, you should spend a great deal of time properly preparing for your homecoming. Let us assure you that post-surgery recuperation is not any less important than the surgical process itself.

What you should do is prepare your home, eliminate clutter, get the bathroom ready, and order assistive devices and supplies, if necessary. In addition, may want to arrange for help and hire someone (either on your own or through the agency) to assist you with housework, laundry, meals and shopping. Some patients may require a nurse, physical therapy or even specific dieting guidelines. Please note that some doctors and hospitals employ discharge planners who can help you facilitate the transition process, ease your pain, and alleviate stress.

6. Make travel arrangements.

You should determine how you will get to the hospital and back again. You may not be in a position to drive, so you may want to arrange transportation or ask a friend/relative to help you out. In some cases, the hospital may be able to make all the necessary travel arrangements for you.

7. Quit Smoking.

If you smoke, quit. Patients who smoke are more likely to get infection. In fact, stopping smoking 24 to 48 hours before surgery improves oxygen transfer to blood during surgery.

Final Thoughts:

Feeling anxious going into surgery is normal. However, you should always remember that you have some control over your destiny and you ARE in a position to influence the outcome of your procedure. No matter how stressful or complicated it is... Therefore, we suggest you do everything in your power to make an informed decision, make your surgery as safe as it can be, and ensure a positive outcome.

About Neuro Alert:

Neuro Alert is a physician-owned and operated company providing intraoperative neurophysiological monitoring (IONM) services for surgeons, surgical groups and hospitals since 2006. The rapidly-growing Westchester N.Y.-based organization was founded by Dr. T.V. Seshan – a renowned physician, specializing in physical medicine and rehabilitation, who has been actively involved in intraoperative monitoring over the course of 30 years. The simple yet crucial monitoring procedures, offered by Neuro Alert, are set up to detect any neurological deficits during major surgeries, allowing surgeons to gain instant feedback about their patient's condition and avert potential adverse affects.

Neuro Alert consists of a team of experienced and highly-skilled physicians and technical professionals who work together to enhance treatment precision, reduce physician liability and ensure patient safety. For more information about Neuro Alert, please visit <http://neuroalert.com/> or call (888) 787-6267.

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