

# What To Expect for Wide Awake Surgery

**Dr. Paul Nielsen**

## Scheduling Surgery

- The surgery scheduler from New West will call you to arrange the time and location for surgery within 1-2 days of your clinic visit

## Preoperative Evaluation

- You do NOT have to undergo any preoperative labs, tests, or visits to your primary care provider or other physicians to be cleared for surgery

## Taking Your Medications

- You should continue to take all of your normal home medications including day of surgery
  - This includes ibuprofen, aspirin, blood thinners, diabetes medicine, etc

## Day of Surgery

- Take your normal medications
- You are allowed to eat and drink before surgery
  - There is NO fasting requirement for surgery
  - If you are diabetic, we encourage you to eat to avoid low blood sugars

## What to Expect at the Surgery Center or Hospital

- You will go through the normal check-in process
- Numbing medicine (lidocaine) will be injected about 20-60 minutes before the procedure
  - Dr. Nielsen or his PA injects the numbing medicine
- Most procedures last between 10-20 minutes
  - The procedure will be performed in an operating or procedure room
  - Your hand will be cleaned and arm covered to prevent infection
  - Ask if you want to see part of the procedure. Sometimes you can see a portion
- After the procedure you will go through an expedited recovery process
  - Heartland Surgery Center requires you to have a driver with wide awake procedures
  - Kearney Regional Medical Center will allow you to drive yourself home after surgery

## At Home

- Numbing medicine usually wears off in 2-4 hours
- No caregiver is required to stay with you because you had no sedation or general anesthesia
- You will be given specific instructions based on the procedure you underwent