



## PATIENT & CAREGIVER EDUCATION

# Your Surgery at MSK Monmouth

This information describes what you can expect before and after your surgery at MSK Monmouth.

Read this before your surgery. Refer to it on the day of your surgery so you know what to do and what to expect. Remember to also review the educational resources your nurse gave you.

## About MSK Monmouth

MSK Monmouth is an ambulatory care and surgery center. Your care there will be tailored to you and your type of surgery. We will talk with you to let you know what to expect at each step. To learn more about getting ready for your surgery, read *Getting Ready for Surgery* ([www.mskcc.org/pe/getting-ready-surgery](http://www.mskcc.org/pe/getting-ready-surgery)).

You can learn more about MSK Monmouth by visiting [msk.org/monmouth](http://msk.org/monmouth). If you have general questions about MSK, such as [health insurance topics](#), visit [msk.org](http://msk.org)

**Mask policy:** MSK makes every effort to provide a safe and welcoming environment for our patients and visitors. Our patients are at high risk for infection. You must wear a mask in many areas. For the latest information, read our [mask policy](#).

## Ask about your medicines

You may need to stop taking certain medicines before your surgery. Talk with your healthcare provider about all the medicines you're taking, including prescription and over-the-counter medicines, patches, and creams. **Follow their instructions about medicines you must stop taking before your surgery.**

Other medicines are important to take on schedule, even during your treatment. You may be able to take them the morning of your surgery, if needed. **Follow your healthcare provider's instructions about medicines you must keep taking the day of surgery.**

## Ask about fasting (no food or drink)

Before your surgery, you may have sedation or anesthesia (medicine to make you sleep). If so, you must have nothing to eat or drink before your surgery. **Follow your healthcare provider's instructions for what time you must stop eating and drinking.**

Read *Getting Ready for Surgery* ([www.mskcc.org/pe/getting-ready-surgery](http://www.mskcc.org/pe/getting-ready-surgery)) for more instructions about eating, drinking, and taking medicine before surgery.

## The day of your surgery

### What to bring

- Your prescription card, if you want to have your prescriptions filled at MSK Monmouth.

### Where to go

- MSK Monmouth is located at 480 Red Hill Rd., Middletown, NJ 07748.
- Follow the signs for the Lower Concourse when you enter the parking lot.
- There's free parking by the Lower Concourse entrance, with more parking to the right of the entrance. We also offer free valet parking.

## Check-in

- Go through the Lower Concourse entrance. You will be directed to the surgical check-in area on the 2<sup>nd</sup> floor.
- We will ask you for the name and contact information of the person who will take you home when your surgery is finished.

## Your care partner who will drive you home

Your care partner is the person who will take you home when your surgery is over. Your care partner must wait for you at MSK Monmouth to drive you home, unless your nurse tells you otherwise.

MSK Monmouth has a waiting area. No food or drink is allowed in the waiting room. Your care partner also can wait in the café, as well as in our open atrium area.

Your care partner can join you once you're in the recovery room. Your presurgical center nurse can estimate what time you may be ready to go home.



Information for  
caregivers and  
visitors

To keep patients and staff safe and healthy, we regularly update our visitor policy. Go to [msk.org/visit](https://msk.org/visit) for the latest information.

## What to expect in the presurgical center

- After your check-in, a member of your care team will bring you into the presurgical center.
- You will meet with your care team. They will review your medical history and

answer any questions you have.

- Your nurse will bring you to the operating room when it's time for your surgery.

## After your surgery

### At MSK Monmouth

A member of your care team will take you to your private recovery room. When you're awake, your nurse will help you get ready to go home. They will:

- Encourage you to walk.
- Give you something to eat and drink.
- Review your discharge instructions with you.
- Answer any questions you may have.

You can then go home with your care partner. If your care team feels you need to stay overnight, you will be taken to a Meridian Health facility.

### At home

The day after you go home, a member of your care team will call you to see how you're feeling and answer any questions.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit [www.mskcc.org/pe](http://www.mskcc.org/pe) to search our virtual library.

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