

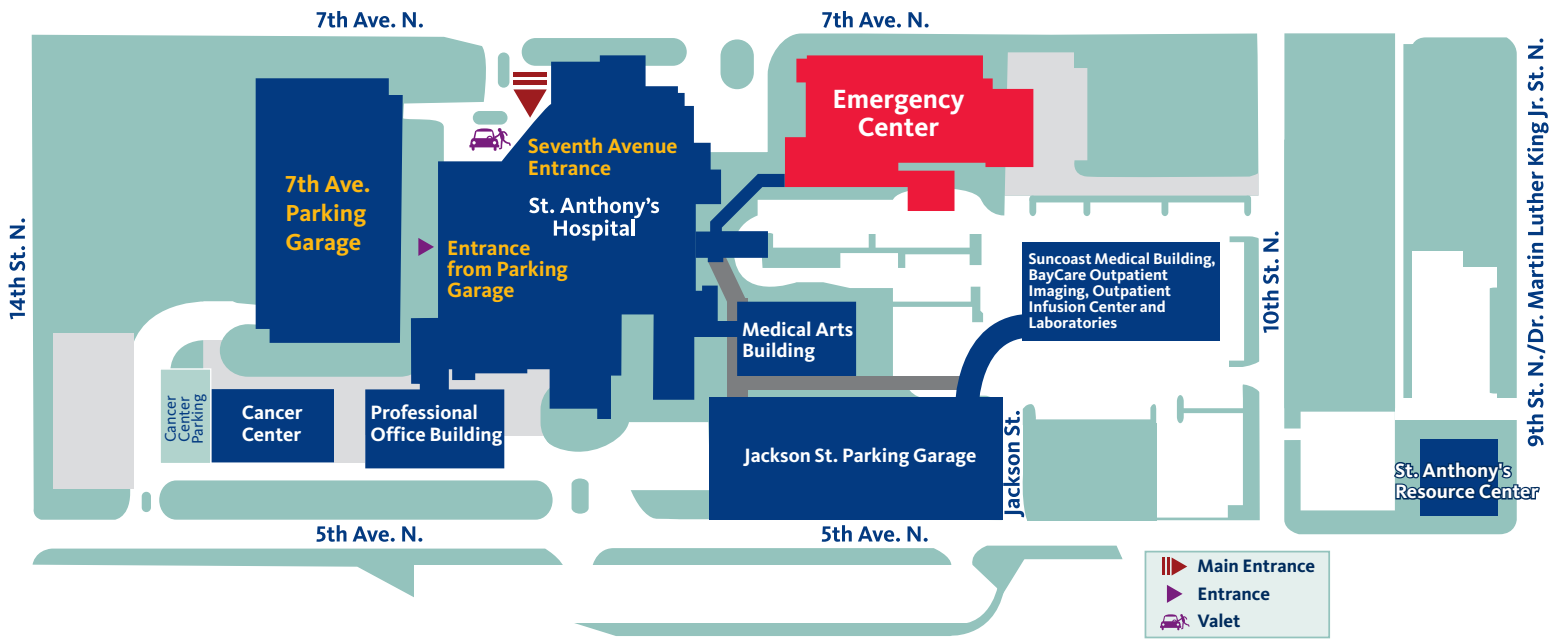


Preparing for Your Surgery

 **St. Anthony's Hospital**
BayCare Health System

StAnthonys.org

Directions



Surgical Registration

Use the Seventh Avenue hospital entrance to get to the registration area. Complimentary valet parking is available Monday through Friday, from 5am to 9pm, at this entrance. To get to the Seventh Avenue entrance: From Ninth Avenue North, turn south on 12th Street North. Continue on 12th Street North until you arrive at the Seventh Avenue entrance. Free self-parking is available by turning right at the Seventh Avenue entrance. When you enter the hospital, go past the gift shop and cafeteria. The registration area will be directly in front of you.

For more information or help with directions:
(727) 825-1100

St. Anthony's Hospital
1200 Seventh Ave. N.
St. Petersburg

StAnthonys.org

Table of Contents

Preparing for Your Surgery	4
Pre-Op (Before Surgery).....	5
Surgery.....	6
Post-Op (After Surgery)	7
Surgical Site Infections (SSI)	8
Ten Tips to Help Us Keep You Safe.....	9
Record Your Questions.....	9



Welcome to St. Anthony's Hospital. Whether you're a new patient or have been here before, we appreciate the opportunity to care for you. We'll do our best to make you feel at home.

You may have concerns about your care, such as what to expect, to whom you should ask questions and the best ways for you to participate in your recovery. Knowledge is power. Before your stay at the hospital, learn as much as you can about your specific surgical procedure, so that you can be actively engaged in your healing and recovery. The health care professionals at St. Anthony's Hospital have developed this booklet so that you'll know what to expect before, during and after your surgery.

The information in this booklet should answer many of your questions and make you feel more comfortable about your surgery. We want to help you reach your ultimate goal of a successful recovery. Try to read the contents of the booklet at a leisurely pace before you arrive at St. Anthony's Hospital.

Bring this booklet with you when you come to the hospital and to any appointments. Review it with your doctors, nurses, physical therapists, social workers and occupational therapists. We've provided a section for you to list questions that you may have before, during and after your surgery. Open communication between you and your health care team will help us give you the best care possible. During your stay, please give us your feedback so we can better meet your needs. We appreciate your comments.

At St. Anthony's Hospital, our commitment is to you. As a ministry of the Franciscan Sisters of Allegany, we believe in the Franciscan concept of holistic health care - to care for your unique physical, emotional, cultural and spiritual needs. Working with your doctor, the skilled team at St. Anthony's Hospital will give you the high-quality, compassionate care you deserve.

On behalf of the St. Anthony's Hospital team, I wish you good health and a pleasant stay.

Sincerely,

A handwritten signature in black ink, appearing to read 'Scott Smith', written over a light-colored background.

Scott Smith
President



Preparing for Your Surgery

- Drink extra fluids the day before your surgery, but don't eat or drink anything after midnight the night before surgery or as directed. This includes water, mints and gum.
- If your surgeon instructed you to drink electrolyte beverages before surgery, follow their directions.
- Having anesthesia requires your stomach to be empty for a specific number of hours before surgery. Your surgery may be delayed or cancelled if you don't follow the instructions regarding no eating or drinking before surgery.
- Take your blood pressure, heart and lung medications as directed the morning of your surgery. You'll also get instructions about any other medications to take before surgery. Take all medications with a small sip of water.
- Don't take any insulin or diabetes medications unless instructed to do so. Your blood sugar will be checked before surgery.
- If you smoke, don't smoke for at least 24 hours before your surgery.
- If you get a fever, rash or cold, call your surgeon with this information. Your surgery may need to be postponed.
- You'll get a call from a member of the surgical team the day before your surgery with your arrival time.
- Arrange for a responsible adult to be present after surgery to hear instructions, drive you home and care for you afterward.
- Take a bath or shower using the soap given to you or antimicrobial soap (e.g., Dial, Zest, Coast). Use the soap over your whole body.
- Don't use lotion, talcum powder or perfume on the day of your surgery.
- Wear comfortable, loose clothing.
- Don't wear a watch, rings or other jewelry.
- Don't wear makeup or nail polish.
- Leave cash, credit cards and valuable items at home except for identification cards and what's needed for the copay.



Pre-Op *(Before Surgery)*

Prepare Your Home for Your Return

Some patients will require more assistance after their surgery than others. If your recovery lasts for more than a few days, you may want to arrange for help around the house. You might be unable to perform typical household duties that require standing for extended periods of time or bending and lifting, such as washing dishes and doing laundry. Here are some things you can do before surgery that'll be helpful when you return home:

- Prepare some meals ahead of time and put fresh linens on your bed.
- Make sure you have a chair with arms to sit in when you're not in bed.
- Have an ample supply of your prescription medications available.
- Pick up throw rugs and make sure electrical cords are out of the way.
- Put night-lights in dark areas.
- Arrange for pet care if needed.
- Prepare a comfortable rest area with tissues, phone, TV remote control, etc., nearby.

What to Bring to the Hospital

- Insurance cards
- A photo ID
- A form of payment if you want to have your prescription(s) filled with the in-house Publix pharmacy
- A small bag with your name on it for personal items such as dentures, contact lenses, glasses and glasses cases
- A copy of your living will, advance directives, health care surrogate or durable power of attorney
- This booklet and any other applicable paperwork from your doctor's office
- Don't bring valuables, jewelry or cash.





Surgery

What Happens at the Hospital

When you arrive at the hospital on the day of your surgery, you'll go to the registration area on the 1st floor and check in at the desk. An electronic palm scanning system may be used to get you registered. After you've registered, you'll be brought to your room to meet your nurse who'll help with the final preparations for surgery. Your family or friends can make themselves comfortable in the surgery waiting room. They'll be given a pamphlet with a tracking number so they can monitor your progress. Telephones and vending machines are available in this area.

Here are a few things you can expect:

- An ID and allergy band will be put on your wrist and the information will be verified.
- You'll change into a hospital gown and put your belongings in a bag that we'll give you.
- You'll verify and/or sign a consent form if you haven't already done so.
- Your nurse will monitor your vital signs and review your medical history with you.
- If you're of childbearing age, a urine sample may be taken to test for pregnancy.
- An IV will be started to give you fluids and medications during your stay.
- Your surgical site will be confirmed and marked.
- Your blood sugar may be checked.
- If you wear them, you'll remove glasses, contact lenses and dentures, and may be asked to remove your hearing aid.
- You may be given medications to help you relax and to prevent nausea after the surgery.
- Blankets are available to keep you warm and comfortable.

Anesthesia Care

Anesthesia care means that before, during and after surgery, you'll be given anesthetics. These are medications that have a sedating effect and are meant to keep you comfortable. Anesthetics are given by an anesthesiologist or a registered nurse anesthetist, both of whom are trained specialists. You and your medical team will discuss which anesthesia plan is best for you.



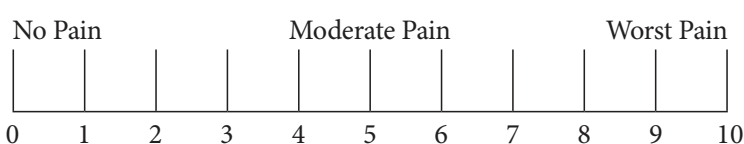
Post-Op (After Surgery)

After surgery, you'll be taken to the recovery area, also known as the post-anesthesia care unit (PACU). Specially trained nurses will monitor your progress and medicate you for discomfort as needed. Nurses will also update your family members while you're in the PACU. You'll stay there until you're awake and your heart rate, blood pressure and breathing are normal, and your pain is under control.

You may be attached to equipment and hear machines beeping. Don't worry - various equipment may be used to check on your progress, including a heart monitor (pads on your chest), oxygen monitor (clipped on your finger) and an IV (a needle inserted in your arm) to deliver fluids and medications. You may feel some pain or nausea. Medication can help. If you're in pain, let your nurse know and ask about getting medication that can help.

Pain Scale

To measure your pain, you'll be asked to rate it before and after you're given pain medication on the 0-10 pain scale shown below. On a scale of 0 to 10, with 0 being no pain and 10 being the worst pain possible, how would you rate your pain? Is this an acceptable level of pain for you?

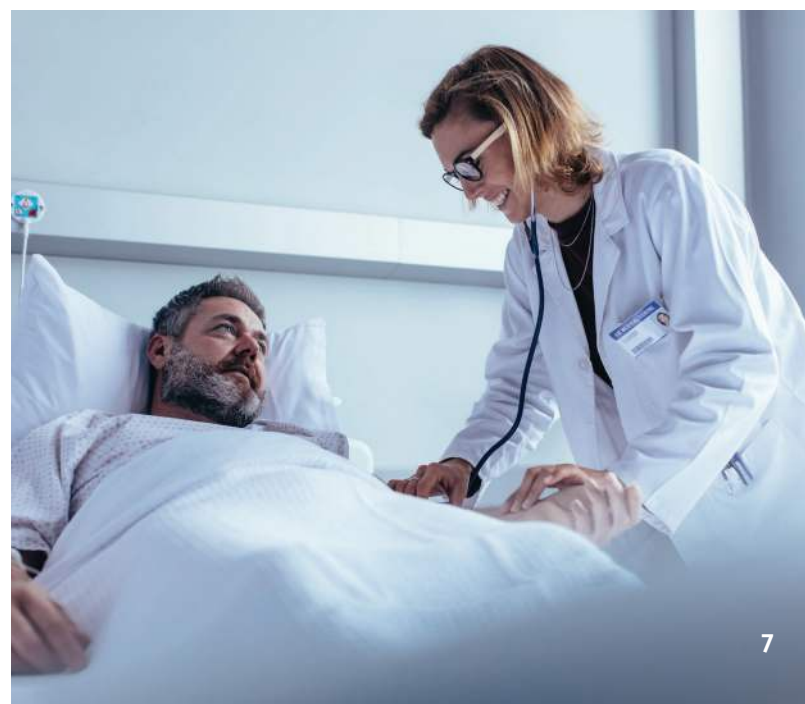


Next Steps

If your surgery requires a hospital stay, you'll be taken to your room. At that time, you'll be reunited with your family or friends. If you're having a one-day surgery, your condition will be evaluated, which may include discharge orders from your surgeon. The evaluation will confirm whether:

- You're able to tolerate fluids
- Your pain is under control

The evaluation results will help us decide when it's appropriate to send you home. When it's time to go home, your IV will be removed and home care instructions will be reviewed with you.



Surgical Site Infections (SSI)

What's an SSI?

An SSI is an infection, occurring after surgery, in the part of the body where surgery took place. Most patients who have surgery don't develop an infection. However, approximately one to three out of every 100 patients who have surgery have an SSI. Some common symptoms are:

- Redness and pain around the area where you had surgery
- Drainage of cloudy fluid from your surgical incision
- Fever

Can SSIs be treated?

Yes, most SSIs can be treated with antibiotics. The antibiotic given depends on the bacteria (germs) causing the infection. Sometimes patients with an SSI may need another surgery to treat the infection.

What are hospitals doing to prevent SSIs?

To prevent SSIs, doctors, nurses and other health care providers will:

- Clean their hands and arms up to their elbows with an antiseptic agent just before surgery
- Clean their hands with soap and water or an alcohol-based hand sanitizer before and after caring for every patient
- Remove some of your hair immediately before surgery if the hair is in the same area of the surgery. Electric clippers should be used (not a razor).
- Wear special hair covers, masks, gowns and gloves during surgery to keep the surgery area clean
- Give you antibiotics before your surgery starts. In most cases, you should get antibiotics within 60 minutes of the surgery beginning. The antibiotics should be stopped within 24 hours after surgery.
- Clean the skin at the site of your surgery with a special soap that kills germs

What can I do to help prevent SSIs?

Before your surgery:

- Tell your doctor about any health problems you may have, such as allergies, diabetes and obesity. These could affect healing and your treatment.
- Quit smoking. Patients who smoke have more infections. Talk to your doctor about how you can quit before your surgery.
- Don't shave near the area where you'll be having surgery. Shaving with a razor can irritate your skin, making it easier for an infection to develop.
- Ask if you'll get antibiotics before surgery.

At the time of your surgery:

- Speak up if someone tries to shave you with a razor instead of electric clippers.
- Ask why you need to be shaved and talk with your surgeon if you have any concerns.

After your surgery:

- Make sure your health care providers clean their hands before examining you, either with soap and water or an alcohol-based hand sanitizer.
- Before you go home, your doctor or nurse should explain everything you need to know about taking care of your incision.
- Make sure you understand how to care for your incision before you leave the hospital.

Everyone should clean their hands:

- If you don't see your health care providers clean their hands, ask them to do so.
- Family and friends should clean their hands with soap and water or an alcohol-based hand sanitizer before and after visiting you. If you don't see them clean their hands, ask them to do so.
- Family and friends who visit you shouldn't touch the surgical incision or dressings.

What do I need to do when I get home from the hospital?

- Always clean your hands before and after caring for your incision.
- If you have any symptoms of an infection, such as redness and pain at the surgery site, drainage or fever, call your doctor immediately.

If you have additional questions, ask your doctor or nurse. Ask who to contact if you have questions or problems after you get home.



Ten Tips to Help Us Keep You Safe

Research has shown that the best way to prevent medical errors is for patients and families to take an active part in their health care. You can play an important role by following these simple tips:

1. Make sure every health care team member who cares for you checks your wristband.
2. Ask us questions. Ask a family member or friend to speak for you if you're not able to speak for yourself.
3. Give us complete and correct information about your health history, personal habits (such as alcohol use or smoking) and diet.
4. Let us help you out of bed until we know you're steady on your feet. We don't want you to fall.
5. Make sure we know what medications you take. This includes what's ordered by a doctor and what you take on your own (e.g., aspirin or cold remedies). Include vitamins, herbs and dietary supplements.
6. Ask what each medication is for if it's new to you or if you don't know. Learn about medication side effects. Tell us if you think you're having a side effect.
7. Ask why a test or treatment is needed and how it may help you.
8. Ask your doctor about the results of any tests. Don't assume that "No news is good news."
9. Ask your health care team members if they've washed their hands before they care for you. Good handwashing is the best way to prevent the spread of germs.
10. Be sure you know what to expect when you go home and what to report to your doctor.



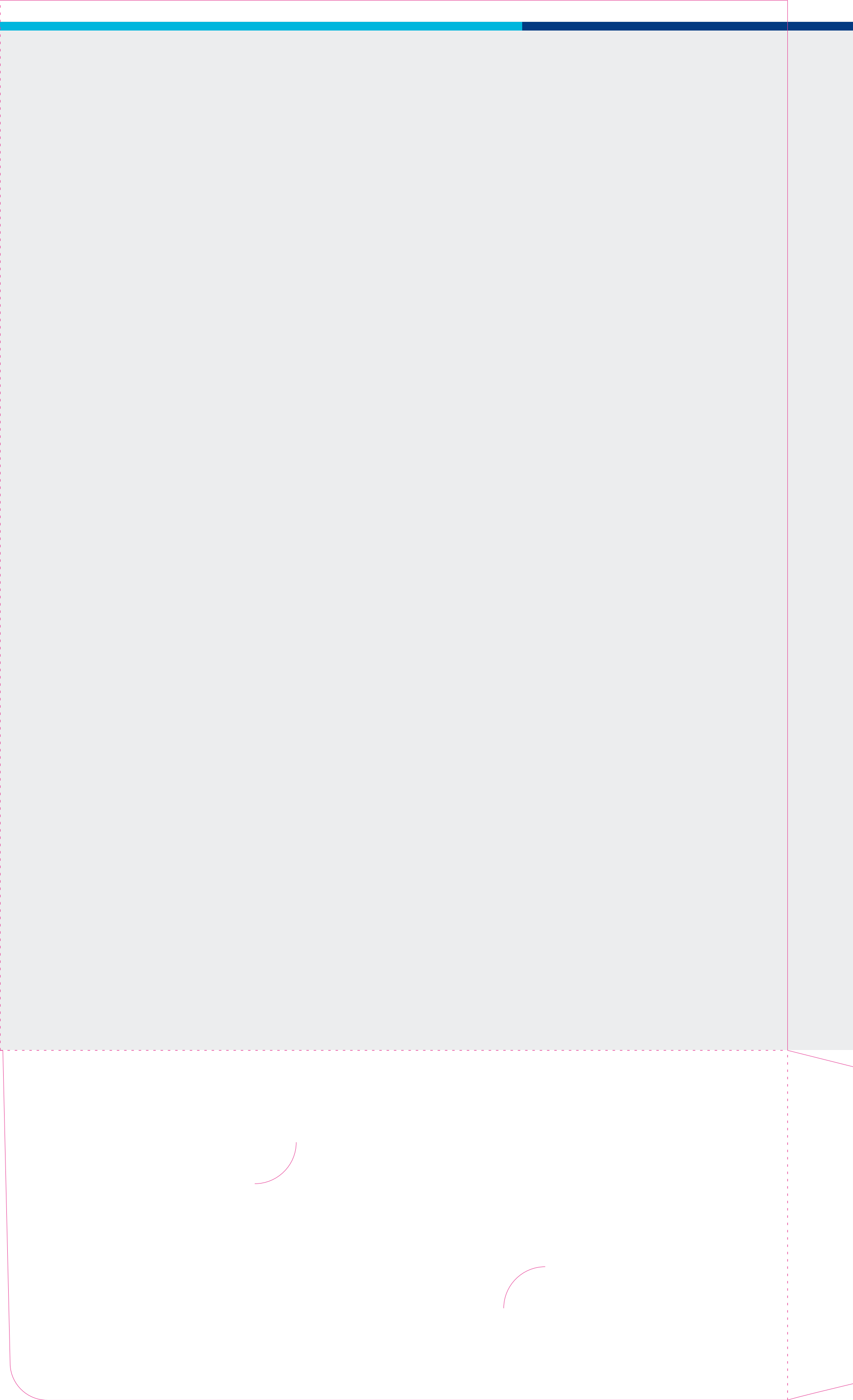
Record Your Questions

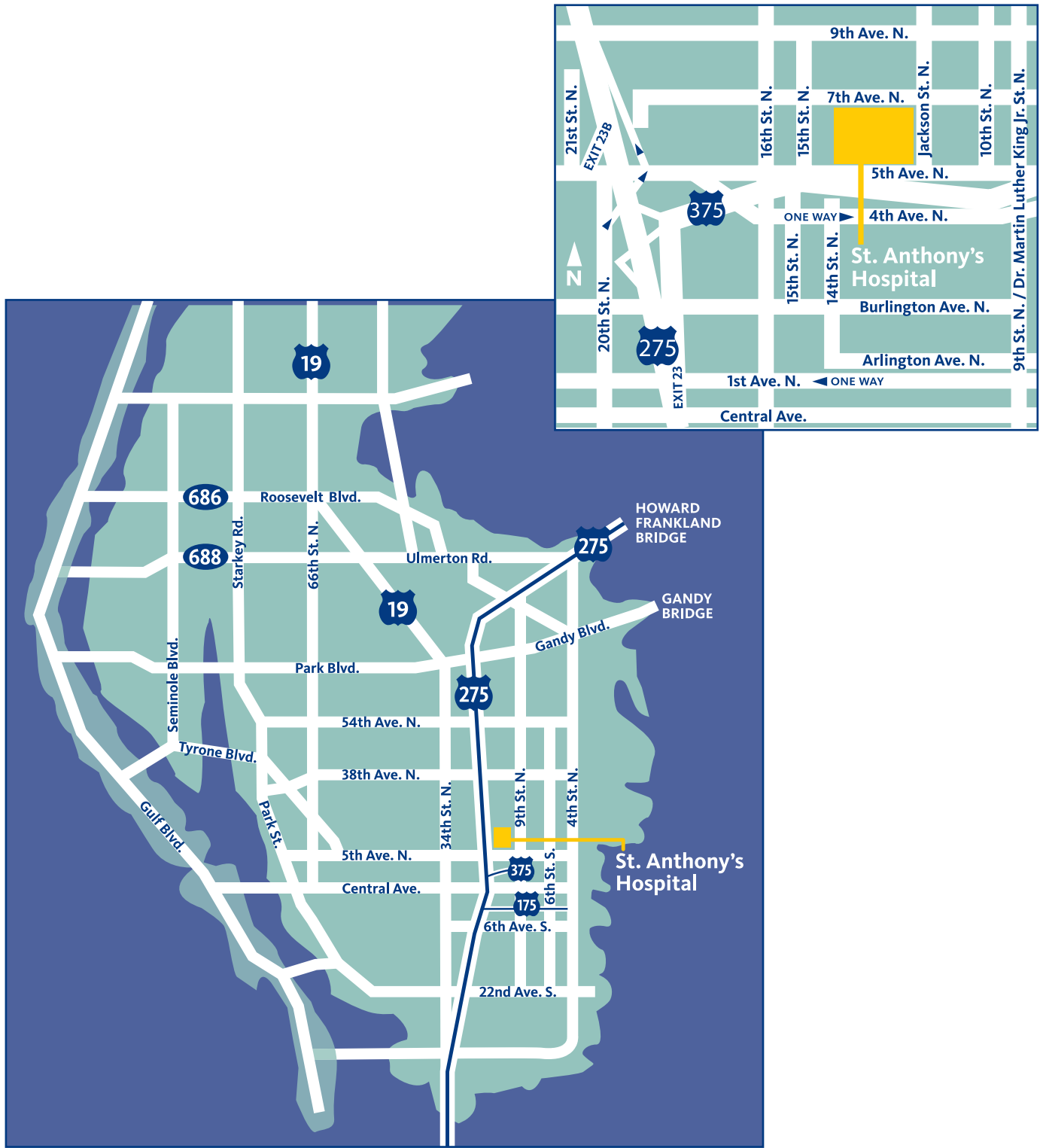
Use this section to write down any questions you have for our team.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Notes







St. Anthony's Hospital
 Surgical Services
 1200 Seventh Ave. N.
 St. Petersburg, FL 33705

Main hospital: (727) 825-1100
 Pre-admission testing: (727) 820-7767

StAnthonys.org

