

Preparing for Your Surgery



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

StAnthonys.com

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Introduction

Welcome to Surgical Services at St. Anthony's Hospital.

Whether you are a new patient or have received care at St. Anthony's before, we appreciate the opportunity to care for you, and we will do our best to make you feel at home.

You probably have many concerns regarding your care, such as what to expect, to whom you should ask questions and the best way for you to participate in your recovery. Knowledge is power. Learning as much as you can about your specific surgical procedure, prior to your stay with us, will help be actively engaged in the healing process. The health care professionals at St. Anthony's Hospital have developed this book to increase your general knowledge about what to expect before, during and after your surgery so you are better prepared to take an active role in your recovery.

The information within this booklet should answer many of your questions and make you feel more comfortable about your surgery. We want to give you as much information as possible, to help you reach your ultimate goal of a comfortable and successful recovery. We suggest you read the contents of the book at a leisurely pace before you arrive at St. Anthony's.

Bring this book with you when you come to the hospital. Review it with your doctors, nurses, physical therapists, social workers and occupational therapists, and use it to assist you in asking any questions you may have. We have also provided a sheet for you to list questions that you may have before, during and after your procedure. Open communication between you and your health care team will help us provide you with the best care possible. During your stay, we ask that you offer us feedback so we can better meet your needs. Providing you with excellent medical care is very important to us and we appreciate your comments.

At St. Anthony's, 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 physician, St. Anthony's skilled health care team will provide you with the highest of quality and compassionate care possible.

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

Sincerely,



William G. Ulbricht

President

Things to Remember

Preparing for Your Surgery

- Drink extra fluids the day before your surgery, but do not eat or drink anything after midnight before surgery or as directed. This includes water, mints and gum.
- Anesthesia requires your stomach to be empty for a set number of hours before surgery. Your surgery may be delayed or cancelled if you do not follow these instructions.
- Take all your blood pressure, heart and lung medications the morning before surgery. You will also receive instructions on any other medications to take prior to surgery. Take all medications with a small sip of water.
- Do not take any insulin or diabetes medications unless instructed to do so. Your blood sugar will be checked prior to surgery.
- If you smoke, do not smoke for at least 24 hours before your surgery.
- If you get a fever, rash or cold, call your surgeon regarding your change of health. Your surgery may need to be postponed.
- Arrange for a responsible adult to take you home after surgery.
- Take a bath or shower using the soap provided to you or antimicrobial soap (e.g. Dial, Zest, Coast) over your whole body.
- Do not use lotion, talcum or perfume the day of surgery.
- Wear comfortable, loose clothing.
- Do not wear a watch, rings or jewelry.
- Do not wear makeup or nail polish.
- Leave cash, credit cards and valuable items at home.

It is essential that a responsible adult be present to hear your instructions, to drive you home and to care for you after your procedure.



Surgery

Pre-op (before surgery)

Prepare Your Home for Your Return After Surgery

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 may 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 that you can do prior to surgery to help you 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 are out of 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 small bag with your name on it for personal items such as dentures, contact lenses, glasses and cases to hold them
- A copy of your living will, Advance Directives, health care surrogate or durable power of attorney
- This booklet and any other applicable paperwork from the doctor's office
- Please do not bring valuables, jewelry or cash



Surgery



What Happens at the Hospital

When you arrive at the hospital on the day of your surgery, you will go to the second floor surgery waiting room and check-in at the desk. We offer electronic check-in with a palm scanning system. After check-in is complete, you will be escorted to your room where you will meet your nurse who will assist you with your final surgery preparations. Your family or friends will be able to wait in the surgery waiting room. Your family will be given a pamphlet with a tracking number so they can confidentially track your progress through surgery. Telephones and vending machines are available.

Here are a few things you can expect:

- An ID and allergy band will be placed on your wrist and the information will be verified.
- You will be asked to change into a hospital gown. Store your belongings in the bag that will be provided.
- You will be asked to verify and/or sign a consent form, if you have not already done so.
- Your nurse will monitor your vital signs and review your medical history with you.

- If you are of childbearing age, a urine sample may be taken to test for pregnancy.
- An I.V. will be started to provide fluids and medicine during your surgical stay.
- Your surgical site will be confirmed and marked.
- Your blood sugar may be checked.
- You will be asked to remove your glasses, contact lenses and dentures.
- You may be asked to remove your hearing aid.
- You may be given medication to help you relax and to prevent nausea after your surgery.
- Warm blankets are available for your comfort.

Your Anesthesia Care

Before, during and after surgery, you will be given anesthetics; these are medications that have a sedating effect and are meant to keep you comfortable. This is called anesthesia care. It is provided by an anesthesiologist or a registered nurse anesthetist. Both are trained specialists. Your medical team will discuss the anesthesia plan that is best for you.

Surgery

Post-op

After Surgery

After surgery, you will be taken to the recovery area, also known as the post anesthesia care unit (PACU). Specially trained nurses monitor your progress and medicate you for discomfort as needed. Nurses will also update your family members while you are in the recovery room.

- You may feel some pain or nausea. Medication can help. If you are in pain, don't be afraid to let your nurse know and ask about receiving medication to help with it.
- It is normal to be attached to equipment after your procedure, and to hear monitoring beeps. This is nothing to be concerned about; various equipment may be used to monitor your progress, including a heart monitor (pads on the chest), oxygen monitor (placed on your finger), I.V. to deliver fluids and medications.
- You will remain in the PACU until you are awake and your heart rate, blood pressure and breathing are normal and your pain is under control.

If your surgery requires a hospital stay:

You will be taken to your room. At that time you will be reunited with your family or friends.

If you have a one-day surgery:

An evaluation of your condition will take place, which may include discharge orders from your surgeon.

The evaluation will confirm whether:

- You are able to tolerate fluids
- Your pain is under control
- Someone is available to drive you home

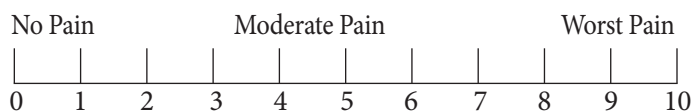
These measurements will help us decide when it is appropriate to send you home. Then:

- Your I.V. is removed.
- Home care instructions are reviewed and presented to you.
- You may go home, accompanied by a family member or friend.

To measure your pain, you will be asked to rate it before and after you are 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?

Pain Scale



Your Personal Medication Record

Name: _____ Date: _____

List all the medications prescribed by a physician that you are currently taking:

Medication	Dose	Frequency

List all the nonprescription medicines that you take on a regular basis:

Nonprescription Medicine	Dose	Frequency

List the vitamins, herbs and nutritional supplements that you take regularly:

Vitamins, Herbs, Nutritional Supplements	Dose	Frequency

List allergies and sensitivities, such as drugs, food, latex, pollen, etc.

Allergies and Sensitivities

Your Medical History

Check all medical conditions that you have had treated:

☐ Diabetes When _____ Has a blood relative had this? ☐ Y ☐ N

☐ High Blood Pressure When _____ Has a blood relative had this? ☐ Y ☐ N

☐ Tuberculosis When _____ Has a blood relative had this? ☐ Y ☐ N

☐ Cancer When _____ Has a blood relative had this? ☐ Y ☐ N

If yes, please explain type of cancer: _____

☐ Heart Disease When _____ Has a blood relative had this? ☐ Y ☐ N

If yes, please explain type of heart disease: _____

List any other medical conditions that you have had treated:

Medical Condition	When?

List all past surgical procedures and when they occurred:

Surgical Procedure	When?

Do you use:

Oxygen ☐ Y ☐ N

Nebulizer ☐ Y ☐ N

Inhaler ☐ Y ☐ N

CPAP ☐ Y ☐ N

Date of immunizations:

Tetanus _____

Pneumonia _____

Influenza _____

Other _____

Are you an organ donor? ☐ Y ☐ N

Blood/blood products:

Do you have any religious/moral concerns regarding blood or blood products? ☐ Y ☐ N

Have you ever had a reaction to any blood transfusion? ☐ Y ☐ N

Anesthesia-related problems:

Have you ever experienced any anesthesia-related problems? ☐ Y ☐ N

Has a blood relative ever experienced any anesthesia-related problems? ☐ Y ☐ N

Sleep Evaluation

For surgery patients, unidentified obstructive sleep apnea is associated with an increased risk of complications. The following set of questions is a simple screen; the St. Anthony's team will evaluate your results and provide you with additional screening and monitoring options, if needed. The St. Anthony's team wants to help you minimize your recovery time and experience a highly successful surgical outcome.

1. Do you snore loudly (louder than a normal speaking volume or loud enough to be heard through a closed door)?
☐Yes ☐No
2. Do you often feel tired, fatigued or sleepy during the daytime?
☐Yes ☐No
3. Has anyone ever observed you stop breathing during your sleep?
☐Yes ☐No
4. Do you have, or are you being treated, for high blood pressure?
☐Yes ☐No
5. Is your neck circumference greater than 40 centimeters/15.75 inches?
☐Yes ☐No

If you answered yes to two or more of the above questions, please call the Sleep Disorders Centers at (727) 820-7424 to go over your results and discuss options prior to your surgery.





Record Your Questions

Please use this page to list any questions that you have for our medical staff:

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

Notes:



Frequently Asked Questions About Surgical Site Infections (SSI)

What is an SSI?

A surgical site infection is an infection that occurs after surgery, in the part of the body where the surgery took place. Most patients who have surgery do not develop an infection. However, infections develop in approximately one to three out of every 100 patients who have surgery.

Some of the common symptoms of SSIs are:

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

Can SSIs be treated?

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

What are some of the things that hospitals are doing to prevent SSIs?

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

- Clean their hands and arms up to their elbows with an antiseptic agent just before the surgery
- Clean their hands with soap and water or an alcohol-based hand sanitizer before and after caring for each patient
- May remove some of your hair immediately before your surgery using electric clippers, if the hair is in the same area where the procedure will occur. They should not shave you with 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 start of surgery and 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



Frequently Asked Questions About Surgical Site Infections (SSI)

What can I do to help prevent SSIs?

Before your surgery:

- Tell your doctor about other medical problems you may have. Health problems such as allergies, diabetes and obesity could affect your surgery and your treatment.
- Quit smoking. Patients who smoke get more infections. Talk to your doctor about how you can quit before your surgery.
- Do not shave near the place where you will have surgery. Shaving with a razor can irritate your skin and make it easier to develop an infection.

At the time of your surgery:

- Speak up if someone tries to shave you with a razor before surgery. Ask why you need to be shaved and talk with your surgeon if you have any concerns.
- Ask if you will get antibiotics before surgery.

After your surgery:

- Make sure that your health care providers clean their hands before examining you; either with soap and water or an alcohol-based hand sanitizer.

If you do not see your health care providers, visitors and family clean their hands, please ask them to do so.

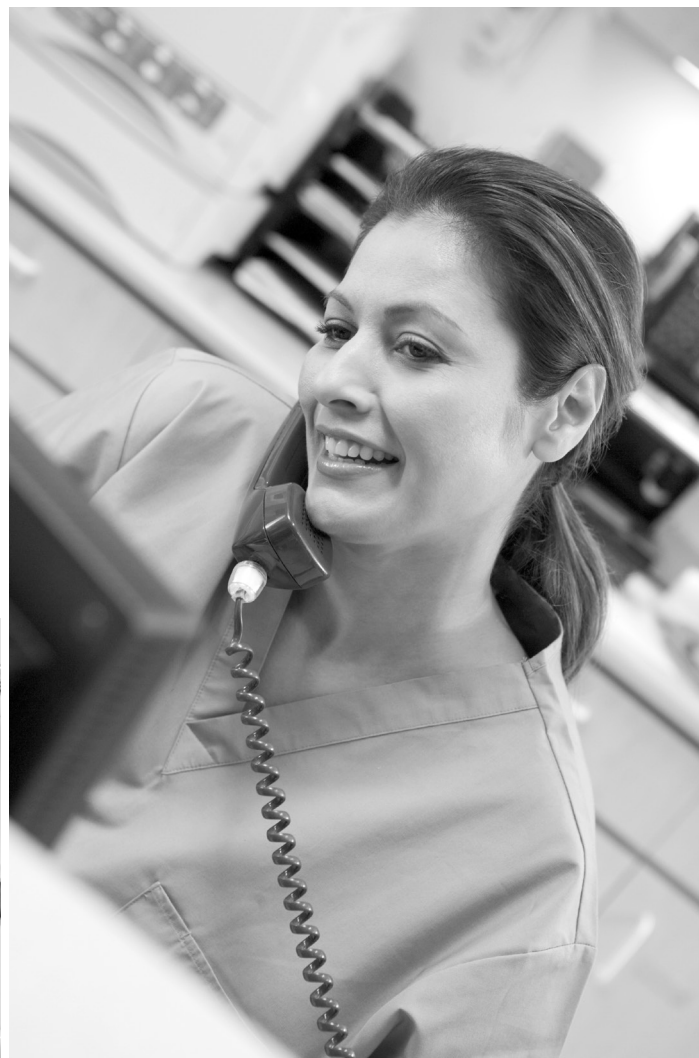
- Family and friends who visit you should not touch the surgical wound or dressings.
- Family and friends should clean their hands with soap and water or an alcohol-based hand sanitizer before and after visiting you. If you do not see them clean their hands, ask them to do so.



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

- Before you go home, your doctor or nurse should explain everything you need to know about taking care of your wound. Make sure you understand how to care for your wound before you leave the hospital.
- Always clean your hands before and after caring for your wound.
- Before you go home, make sure you know who to contact if you have questions or problems after you get home.
- 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, please ask your doctor or nurse.





St. Anthony's Hospital Surgical Services

Main Hospital: (727) 825-1100

Pre-admission Testing Nurses: (727) 820-7767



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