

PREPARING FOR YOUR SURGICAL PROCEDURE



 **AULTMAN**

Preparing for Your Surgical Procedure

Thank you for choosing to have your surgery at Aultman. We are dedicated to getting you ready for your surgery and making you as comfortable as possible.

About this book:

- 1. Bring this book to your pretest appointment if you have one.
- 2. Read and understand this information before arriving for surgery.
- 3. Use the spaces to write down any questions you may have.
- 4. If you are already in a hospital room, use this book as an aid to help you prepare for the best surgical outcome.
- 5. If you have any questions, call your surgeon’s office.

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Before Your Procedure

Surgery scheduling staff will call you a few days before surgery to gather your information.

You will be asked for the following information:

- Patient's name, address and phone number.
- Patient's Social Security number.
- Employer information.
- Health insurance information.
- Spouse and/or emergency contact information.
- Children and other patients who cannot sign legal documents must have their legal guardian or durable power of attorney for health care accompany them to surgery. Make sure you bring appropriate legal documents.

Preprocedure Appointments and Nurse Phone Calls

Many people require tests before surgery. Your doctor will decide what tests you need.

- If you have certain health issues, have had trouble with anesthesia or are having a major surgery, your doctor will schedule a preprocedure appointment for you at the hospital.

Bring the following to your preprocedure appointment:

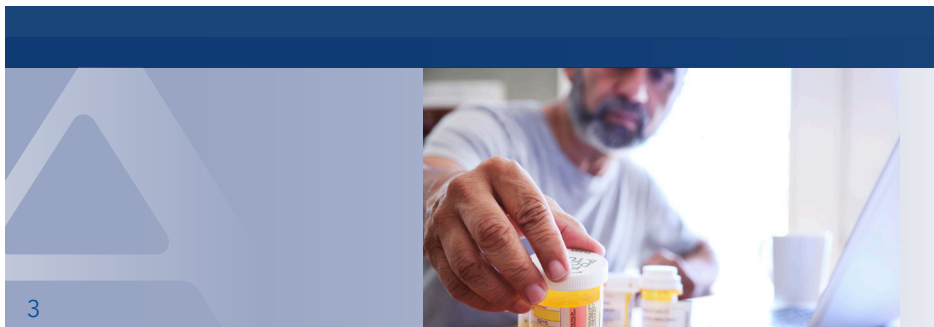
- ☐ All of your medications in their original containers, including vitamins and herbal products, or a list of everything you are taking.
- ☐ List of prior procedures.
- ☐ List of the special doctors you see and what they treat you for.
- ☐ Any implant cards you may have for surgical implants (i.e., defibrillators, stents, pacemakers).
- If you have had an EKG or chest X-ray in the past six months somewhere other than an Aultman facility, please have the results faxed to Aultman Pretest department at 330-438-9809 before your pretest appointment.
- If you are not ordered a pretest appointment, you will receive a phone call from a nurse to review your medical and surgical history.
- Have any ordered testing completed at least five days before your surgery date. For your convenience, these tests can be done at any Aultman location and no appointment is needed.

How You Can Help Prevent Complications Before Your Procedure

1. Make sure you are eating well, drinking plenty of fluids and staying active in the weeks before your surgery.
2. Quit smoking, or if you can't, at least greatly cut down. Smoking can put you at risk for infections and slow healing.
3. Follow ALL of your surgeon's and hospital's instructions before surgery.
4. Plan to have someone available to help you at home after surgery.

What to Bring to the Hospital

- ☐ Valid identification card, insurance card and/or Medicare card.
- ☐ Any advance directive, such as your living will or durable power of attorney for health care if you have one.
- ☐ Glasses and hearing aids so you can read and communicate. Bring cases for glasses, contact lenses and hearing aids since they will be removed before surgery.
- ☐ If you use portable oxygen at home, bring it with you.
- ☐ If you will be staying at the hospital, bring:
 - Toiletry items you would like.
 - CPAP sleep apnea machine if you use one.
 - Do not bring valuables such as jewelry, purse, wallet or credit cards.
- ☐ Children having surgery:
 - Bring diapers and bottles for your child if necessary.
 - You may bring a special toy or blanket with them.
- ☐ Bring a book, magazine, digital music player with headphones, electronic device and use the guest WiFi services.



Important Preprocedure Instructions

Please follow these instructions carefully. Your surgery could be delayed or cancelled if important steps are not completed.

- ☐ Do not eat or drink after midnight the night before your procedure unless you are told otherwise.
- ☐ Do not chew gum, eat hard candy or mints after midnight.
- ☐ Brush your teeth or rinse your mouth with a small amount of water. Do not swallow any fluid.
- ☐ Only take the medications you are told to take the morning of your surgery with one ounce or less of water.
- ☐ Stop taking herbal and other supplements two weeks before surgery.
- ☐ Do not smoke after midnight the night before surgery.
- ☐ Do not wear hair pins, barrettes or body piercings.
- ☐ Call your doctor if you have a fever, cold or any changes in your health.

Complete Preoperative Washes as Instructed

Washing your skin with chlorhexidine gluconate or antimicrobial soap can lower your risk of developing a surgical site infection.

- ☐ Remove all makeup, jewelry and nail polish before completing the first preoperative wash.
- ☐ Shower the night before your surgery using chlorhexidine or antimicrobial soap if your doctor has instructed you to do so.
- ☐ Shower the morning before your surgery using chlorhexidine or antimicrobial soap if your doctor has instructed you to do so.
- ☐ Do not apply lotion, cream, powder, deodorant, makeup, nail polish, perfume or colognes after washing with the surgical scrub.
- ☐ If your procedure is on your head or face, wash your hair with shampoo only and do not use any conditioners or hair products before your surgery.



Day of Procedure

Same-day Surgery Unit

You will have a private room and bathroom. You will be asked to change into a gown and slippers from the hospital. A nurse will get you ready for surgery, including finishing your preoperative skin washes, and an IV will be started in a vein in your arm or hand.

Inpatient Unit

Your hospital care team will help you get ready for surgery. You will complete preoperative washes to get your skin ready for surgery. Your team will also give you clean bedding and a clean hospital gown before your surgery.

Anesthesia

You will meet a member of the anesthesia team the day of surgery. Anesthesia is provided by highly trained anesthesiologists and certified registered nurse anesthetists who will administer your anesthesia and closely monitor your response to the medications.

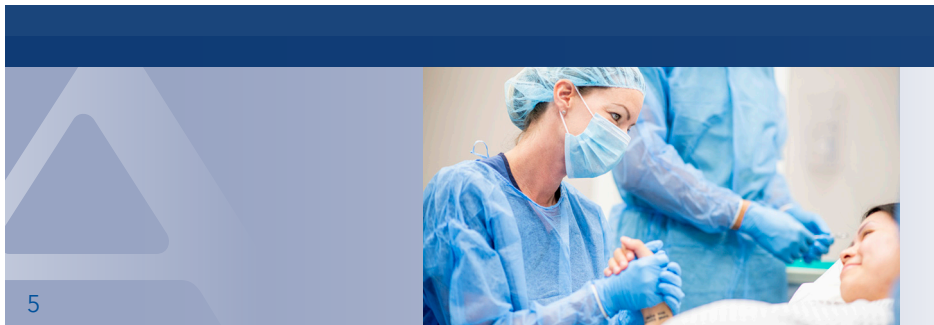
Companion Waiting

When it is time for surgery, you will be taken to a receiving area to meet your surgical team. Your companion will be instructed where to wait on the day of your procedure. The surgeon will often speak with your companion after surgery.

Recovery Room/Post Anesthesia Care Unit (PACU)

Most patients are taken to the recovery room (PACU) once surgery is complete. You will be closely monitored by specially trained nurses who will monitor you for at least 30 minutes depending on how you respond to surgery.

Only one parent or visitor is permitted in the recovery room if a child has surgery. Visitors are not permitted in the recovery room for adult patients.



Avoiding Complications After Your Procedure

Ask family and friends to wash their hands and not to visit if they are ill.

Blood Clots

- A blood clot in one of the large veins, usually in the leg or arm, is called a **deep vein thrombosis** or **DVT**. A blood clot in the lungs is called a **pulmonary embolism** or **PE**.
- The best way to avoid DVTs and PEs is to:
- Stay active and sit in the chair for meals. Walk around in your room, and when you are allowed, walk in the hallway.
- Wear the compression stockings and/or “leg squeezers” (also called SCDs) if asked to do so.
- Do toe-pointing exercises while lying flat in bed every hour. Slowly pump your ankles by bending and straightening them, while trying to keep the rest of your legs relaxed -- only moving your ankles.



Falls

- The best way to prevent a fall is to stay active. Staff members are here to help you, and we want to make sure you stay safe. Please call for help before getting out of bed.

Lung Infections called Pneumonia

- Pneumonia is a complication that can occur when the lungs become infected or inflamed. The lungs can become filled with fluid or pus, which makes it difficult to get oxygen in the lung sacs to reach the blood stream.

Avoid pneumonia by:

- Practicing taking deep breaths at least 10 times an hour while you are awake.
- Using a device called an incentive spirometer, which you may be given to help you with taking deep breaths.



Surgical Site Infections

- Washing your hands is one of the best ways to prevent infection.
- Always wash your hands before and after touching your incision or bandage. Hands carry germs that can cause infections.
- Try not to touch your incision.

Keep the incision clean:

- Wear clean, loose-fitting clothes to prevent clothes from rubbing on the incision. Change into clean clothes every day to keep your incision area as clean as possible.
- Put clean sheets on your bed when you get home.
- Do not let other people or animals touch the incision.

Showering:

- Use a clean washcloth and towel on your incision before you use it on any other area of your body.
- Adjust the shower spray to gentle and use warm water.
- Gently wash over your incision using antibacterial soap and water and pat it dry. Do not rub the incision.
- Do not soak or submerge in the bathtub or hot tub until your surgeon says it is OK.

Wound care:

- Follow your instructions from the hospital or surgeon. Depending on the bandage, you will have different instructions.
- If you have thin white tape strips (Steri-Strips) over your incision, keep them dry. Do not remove them unless they begin curling up at the sides and are almost falling off.
- Skin glue will fall off on its own. Do not pull or pick at the skin glue. Keep the skin glue clean, dry and open to the air.

Incision Care Video

Scan the QR code to watch.



Web Site: <https://vimeo.com/240703531/d4943e4466>

How to Manage My Pain

Managing your pain is important to us. Being completely pain free is not normally possible, but we want to keep your pain at a tolerable level. Tell your care team concerns you may have about your pain management plan.

Tell the surgeon and nurses when you feel pain.

1. Describe it (use words like dull, aching, sharp, throbbing, burning, cramping or shooting).
2. Rate it on 0 – 10 scale with 0 being no pain and 10 being the worst.
3. Locate it: Where is your pain and does it spread to any other area of your body?
4. What makes your pain better or worse?
5. How does your pain affect your daily activities?

Remember:

- You may not be pain free.
- Your care team will provide you with instructions on ways to manage pain with different medications and techniques. This is known as multimodal pain control techniques. Follow your surgeon's specific instructions.
- Ask for and take your pain medications as soon as you feel pain.
- Take your pain medication regularly as ordered by your surgeon. Do not wait too long or skip a dose of pain medication the day of or after surgery.
- Remember, the longer you wait to take pain medicine, the longer it will take to get your pain under control.

Pain Management Tips

- Change your position frequently and position yourself for comfort.
- Apply ice to the surgical site after therapy and with pain or swelling.
- Try relaxation techniques including deep breathing, imagery and distraction. These techniques can reduce the stress and fatigue that accompany pain.



Going Home/Discharge

At discharge, you will be given written and verbal instructions on your plan of care for when you are at home. Make sure you understand all your instructions, including any new medications for pain or nausea.

If you are discharged from the hospital **on the same day as your surgery:**

- You may feel sleepy, clumsy and have poor balance for many hours.
- You may vomit if you eat too soon after your surgery.
 - If you vomit, drink water, juice or soup when the nausea has stopped. Make sure you have little or no nausea before eating solid foods.
- You should spend the day resting quietly at home. Don't drive or make important decisions for at least 24 hours.
- You should not drink alcohol, take sleeping pills or take medicines that cause drowsiness for at least 24 hours.
- If you smoke, do not smoke without someone being with you.

If you are feeling better, you may resume normal activities 24 hours after you were given anesthesia.

If you are admitted to the hospital after surgery, your care will continue there until discharge.

Home-going instructions will include:

- ☐ Your medications: what they are for and how to take them.
- ☐ Serious signs and symptoms to look for once you get home, what to do if you have them and who to call when you have concerns.
- ☐ Care related to your surgery.
- ☐ Need for additional therapy, home care, support or equipment at home.
- ☐ Follow-up appointments.



After You Are Home

Pay attention to any symptoms you are having. Watch for the following complications:

Blood clots

Sometimes, blood clots occur after surgery, especially if you have a major surgery of the pelvis, abdomen, hip or knee.

- If you have symptoms of a blood clot in your legs or arms, **alert your doctor as soon as you can**. Symptoms include:
 - Swelling of your legs or arms.
 - Pain or tenderness not caused by an injury.
 - Skin that is warm to the touch.
 - Redness or discoloration of the skin.
- If a blood clot is not treated, it can move or break off and travel to the lungs.
 - If you have shortness of breath, chest pain or chest pain with deep breaths, **seek medical attention immediately**.

Lung Infection/Pneumonia

- You may develop a cough, fever, shortness of breath or chest pain with this complication.

Surgical Site Infection

- Symptoms may include:
 - Pain around the area where you had surgery.
 - Drainage of cloudy fluid from your surgical wound.
 - Fever.

Call Your Surgeon if You Have

A fever of 101 degrees or higher. <i>It is not rare to have a low-grade fever after surgery.</i>	Difficulty breathing or having rapid breathing.
New redness or fluid around the incision that smells bad or looks like pus.	Chest pain that worsens with a deep breath.
Painful, red, warm and/or swollen skin around the incision.	Coughing or coughing up blood.
A lot of bleeding (hold pressure on the area if this happens).	A faster than normal or irregular heartbeat.
Bad stomach pain, or you start throwing up.	Loss of appetite.
Increased extreme tiredness.	

Follow Up

If a follow-up appointment has not been made, please call your surgeon's office. Most appointments are 10 - 14 days after surgery. If you have any problems or concerns before then, call the surgeon's office.

My Preprocedure Checklist:

- ☐ I have a family member or friend to be my companion and help me through surgery.
- ☐ My surgeon has talked to me about my surgery and what to expect during surgery.
- ☐ I know what to bring to the hospital.
- ☐ I know what I need to do before surgery.
- ☐ I know how and when to complete presurgical bathing.
- ☐ I know what I can do to stay safe before and after surgery.



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Directions and Parking

Upon arrival to Aultman, you can conveniently drop off the surgery patient at the Seventh Street Circle. You may park in the parking deck or use the valet parking for free on your surgical day only.

Parking

Deck parking is available on Seventh Street for a fee based on your length of stay. Free visitor parking is available in Lot 3 across from the Bedford building. Enter from Sixth Street.

Pretest and Same Day Surgery

Pretest and Same-day Surgery are located on the first floor of the main hospital just inside the Seventh Street entrance. Turn right inside the Seventh Street entrance. Seventh Street deck parking is the closest parking.

Ambulatory Cardiac Unit (for heart and vascular surgery) is in the Aultman Deuble Heart and Vascular Center. Free parking is available in lot 3 S (visitor) across from the Bedford building. Enter from Bedford Street.

Post-Surgery Survey

Your satisfaction is important to us, and your feedback helps us continuously improve. After surgery, you may get a survey in the mail or on your smartphone. If you do, please complete it and let us know about your Aultman experience.

Aultman Hospital



Same-day Surgery Center..... 330-363-5003

Pre-admission Testing 330-363-2376
(Monday – Friday: 7:30 a.m. – 4:30 p.m.)

Surgery Scheduling 330-363-6318

