

Surgery Center Patient Guide



HealthPartners®

Hudson Hospital & Clinic



Your doctor has or will be scheduling you for surgery. Here are the steps to follow to appropriately prepare you for the best possible experience and outcome.

Tours for Children

We offer a special tour called Sneak Peek for children having surgery. The tour lasts about 45 minutes and is designed to help reduce anxiety and fear sometimes experienced by young children. To schedule a Sneak Peek tour, call the Surgery Center at (715) 531-6520.

Joint Replacement Personalized Education

Personalized education for patients having hip or knee replacement surgery is available. The education involves a one-on-one appointment that includes visits with nursing, surgery, rehabilitation and pharmacy staff. During your education, you'll learn how best to prepare your body and home for surgery, as well as begin learning your role in a speedy and safe rehabilitation and recovery. To schedule your personalized joint replacement education, call the Ortho Educator at (715) 531-6050.

NAME

DATE OF SURGERY

PROCEDURE

SURGEON

Preparing Before Your Surgery

Visit your Physician for a Pre-surgical Physical

You are required to have a pre-surgical physical within 30 days of your surgery. This is normally completed by your primary care doctor. Please make every attempt to complete your physical at least one week prior to your surgery.

Please instruct your doctor to fax us the results of your pre-surgical physical, lab tests and EKG report to (715) 531-6521 at least one week prior to surgery.

Ask your doctor for copies of your pre-surgical physical, lab tests and EKG report to bring with you the day of surgery.

Discuss with your doctor all the medicines you are taking, especially those for diabetes, blood pressure, blood thinners, heart conditions, epilepsy or asthma. If you are taking any blood thinners (such as Warfarin, Aspirin, Xarelto, etc.) make sure your doctor tells you when to stop taking it prior to surgery. If you take insulin, ask about how much to take the day of surgery.

Lab and Blood Tests

Depending on your surgery, your doctor may order additional tests during your pre-surgical physical to be completed with results reported prior to your surgery. If needed, your doctor will give you these instructions. Note that some lab tests need to be drawn within 72 hours of your surgery and will require an added trip to the hospital laboratory.

The Week Before Surgery

If you have questions about your surgery, need to change the date or cancel surgery, please notify your clinic and the surgeon directly.

A scheduler will call to register you for surgery. You will be asked health insurance and demographic information. You will be given an arrival time.

A nurse will also call to collect information about your health history and provide you with additional surgery instructions. If a nurse has not contacted you by the last business day before your surgery, call the Pre-Admission nurse at (715) 531-6415. Call Monday through Friday between 9 a.m. and 5 p.m.

Contact your health insurance provider to verify your responsibility for surgery, treatment and recovery coverage.

Aspirin and ibuprofen MUST BE discontinued five (5) days prior to surgery (unless your doctor has instructed you to continue). You may take Tylenol® for pain.

The Day Before Surgery

If you develop a cold, fever, sore throat or generally do not feel well, contact your doctor before coming to the hospital. If after normal office hours or the morning of your surgery you're experiencing cold-like symptoms, fever or sore throat, call the Surgery Center directly at (715) 531-6520. For your safety, your surgery may need to be rescheduled.

You may have NOTHING to eat or drink after midnight the night before surgery.

If you eat or drink, your surgery may be canceled. **DO NOT** chew gum, eat candy or mints, smoke, chew tobacco or drink alcohol. Your stomach must be completely empty to prevent vomiting during surgery, which can have serious consequences.

The evening before your surgery, bathe or shower with an antibacterial soap. Use a clean towel to dry yourself and place clean sheets on your bed. The morning of your surgery, bathe or shower again with an antibacterial soap. After bathing the morning of your surgery, do not apply lotions, deodorants or perfumes. Do not use hair products (sprays or gels) and do not apply any make-up. Do not shave your surgical site for 7 days prior to surgery. Your nurse will use clippers to remove hair if necessary prior to surgery. Following these instructions will decrease your risk of infection.

Checklist of Items to Bring with You

- List of all current prescription medications and over-the-counter medications with dosage amounts. This includes aspirin, vitamins, herbal supplements, diet pills and birth control.
- Health insurance card(s)
- Workers compensation information if applicable
- A copy of your health care directive, living will or name of your durable power of attorney
- Inhaler and/or insulin if you use it
- Eyeglass case or contact case with contact solution
- Crutches for knee, leg or foot surgeries if you have them
- Eye drops prescribed by your eye surgeon if you are having cataract surgery
- If staying overnight, your CPAP machine or other home medical equipment normally required
- Children are encouraged to bring a favorite blanket or toy

The Morning of Surgery

You must bring someone to drive you home.

You should not drive under any circumstances for at least 24 hours after surgery. You must arrange to have a responsible adult drive you or accompany you home, assist you, and stay with you during the first 24 hours of your recovery. You may not take the van or taxi unless a responsible adult is with you. Surgery will be canceled if you do not have a responsible adult to take you home.

You may have NOTHING to eat or drink (including water) until after your surgery.

If you do, your surgery will be canceled.

You will be instructed which medications to take on the day of your surgery. **DO** take these in the morning of surgery with a **SIP** of water.

Bathe or shower with an antibacterial soap. This minimizes your chance of infection. Do not apply scented lotions or perfumes. Do not use hair products (spray or gel).

Brush your teeth and rinse your mouth making sure you do not swallow any water.

Do not wear make-up including mascara. Mascara could cause damage to the cornea.

Do not wear fingernail polish or false fingernails.

THE MORNING OF SURGERY (CONTINUED)

Do not wear jewelry (including pierced earrings or body piercing jewelry). All body piercing **MUST** be removed prior to surgery.

Wear loose comfortable clothing. Buttons, drawstring or zippered clothes are most practical.

If you wear contacts, bring supplies to remove them or consider wearing your glasses.

Do not bring valuables, including large amounts of money.

Family and visitors (limit 2 at a time) may visit you in pre-op after preparations for your surgery are complete. They may remain with you until surgery. Do not bring small children with you. Children may not be left unattended in the waiting area.

Arrival to the Hospital

Patients under the age of 18 **MUST** be accompanied by a parent or legal guardian who must remain at the hospital until discharge.

If arriving prior to 7 a.m., park and enter the hospital through the south Emergency Center entrance. Check in at the Emergency Center reception desk.

If arriving after 7 a.m., park and enter the hospital through the north main entrance. Check in at the main information desk just inside the main entrance. You will then be directed to Admitting.

After completing the admission process, you will be escorted to the Surgery Center to prepare for surgery.

All menstruating females can expect to have a urine pregnancy test at the hospital the day of surgery.

Arrival to the Hospital (CONTINUED)

Anesthesia

An anesthesia provider will talk to you about anesthesia. The following are some things you will want to tell your anesthesia provider:

- Family or personal history of unexplained high temperature during or after surgery
- Difficulty placing the endotracheal (breathing) tube in past surgical procedures
- Use of oxygen at home
- Sleep apnea and use of CPAP therapy
- Recent colds or coughs
- Family history of anesthesia complications
- Post operative nausea and vomiting or history of motion sickness

After Your Surgery

Your recovery will depend on the type of surgery you are having. If you are having outpatient surgery, you will be cared for in the Surgery Center until you are ready to go home. If you are staying overnight in the hospital, you will be moved to a patient room.

Your comfort, especially around pain management, will be closely monitored.

You will receive individualized discharge instructions, as well as a follow-up phone call to check on the healing process.

Depending upon your surgery, you will be given information and instructions on additional treatment, recovery and/or rehabilitation.

Your doctor will inform you of additional appointments to follow-up on the progress of your recovery.

DO NOT drive a vehicle for at least 24 hours after surgery, or while taking narcotic pain medication.

Family and Friends Waiting for You

Communication

Family or friends waiting for you during your surgery will have the option of carrying a pager. It will be used to notify them of unexpected delays or actual completion of the surgery.

Family or friends not waiting for you but arriving as your transportation can call (715) 531-6520 for updates or to confirm pick-up time.

Upon completion of surgery, if the surgeon's schedule allows, your family or friends will have the option of consulting with your surgeon or other member of the care team.

Waiting Amenities

Surgeries can last from 30 minutes to several hours. The hospital & clinics provide numerous distractions to help make the wait time pass more quickly. Feel free to ask any staff member about the following:

- Comfortable rooms such as the Meditation Room, Wintergarden and the Family Kitchen
- Wireless Internet access throughout the hospital
- Health Resource Center for reading materials or computer access
- Walking paths, gardens and outside seating (weather permitting)
- Café or patio dining, and vending
- Healing art exhibits throughout the hospital and clinics



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