

PREPARING FOR SURGERY

Patient Education at St. Mark's Hospital Surgery Center



KEY DATES

PRE-OP TESTING APPOINTMENT

Your Pre-Op Testing appointment is on:

Date: _____ Time: _____

DAY OF SURGERY/PROCEDURE

Your surgery is scheduled for:

Date: _____ Time: _____

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PREPARING FOR SURGERY

As you are preparing for your surgery, it is perfectly normal to feel anxious and have questions. Rest assured that our team of surgeons, anesthesiologists, nurses, and other healthcare team members understand and want you to be comfortable and fully prepared for this experience. Depending on the type of procedure, you may require hospitalization or a brief recovery period and then recuperate at home. The information in this booklet is designed to answer many of your questions about preparing for surgery and what to expect on the day of your procedure. Please follow specific instructions given to you by your surgeon.

PRE-REGISTRATION/ INSURANCE VERIFICATION

Pre-registration can help make preparing for your hospital visit as simple and stress-free as possible. A representative will contact you regarding the following info:

What You'll Need to Pre-Register

- Your personal demographics, including your occupation information
- Emergency contact information
- Insurance information - group name and number, policy number, address and telephone number
- The name, address and phone number of your Primary Care Physician
- Date of procedure
- The name of the surgeon who will be performing your upcoming procedure
- You will be required to sign hospital admission papers on the date of your service or at your pre-admission appointment

SCHEDULE AN APPOINTMENT WITH PRE-ADMISSION DEPARTMENT (PAD)

If your surgery requires anesthesia or IV sedation, you may need to have routine pre-admission testing. Your PAD appointment can be made by your physician's office who schedules your surgery. At that time, you can schedule the appointment yourself by calling 801-268-7119. The appointment should take place within 3-5 days prior to your surgery. You can expect to be present at this appointment for 1 - 1 ½ hours. The goal of this appointment is to reduce delays or cancellations on the day of surgery.

What you need to bring:

- Any paperwork or orders from your physician
- Insurance card(s) and photo ID
- A list of surgeries and/or hospitalizations, and any recent testing
- An advance directive (if you have one), such as a living will or durable power of attorney, so it can be added to your medical record
- Autologous blood donor card if applicable
- A list of all medications you are taking, including over-the-counter medications, herbals and supplements, as well as their dosage and frequency. A medication form is located on the back of this booklet to fill out for your records
- A list of your medical conditions, disease history, and any surgical procedures you have ever had

During your PAD appointment, nurses will:

- Document your medical history.
- Complete pre-admission tests as ordered such as blood work, labs, EKG, and other tests that may be required for your surgery.
- Provide education and instructions for the day of surgery and what to expect after surgery.

If you have not been contacted within 24 hours of your surgery, please call the Ambulatory department at 801-268-7119. Please have a list of your medications and insurance cards available.

PRE-OPERATIVE INSTRUCTIONS

There are several things that you need to do to assure that your surgical experience is safe, timely, and without delay. These preoperative instructions are very important.

1. DO NOT eat or drink anything after midnight/12:00 a.m. the night before your surgery/procedure, unless otherwise instructed by your surgeon, nurse or anesthesiologist. This includes water, coffee, gum, mints, chewing tobacco or candy. Failure to follow the instructions may result in a delay or cancellation of surgery. You may brush your teeth without swallowing water.
2. If you have been instructed by your surgeon, nurse or anesthesiologist to take medication by mouth the morning of admission, please swallow it with the smallest amount of water possible.
 - If you use inhalers, bring them with you and take them to surgery
 - Please review all of your medications with your surgeon to determine if any doses should be delayed prior to surgery, including blood pressure and heart medication.
 - Diabetes medications should NOT be taken on the day of the procedure
 - Follow any instructions you have been given regarding discontinuation of aspirin, anti-inflammatory medicines, herbal medicines, or other blood thinning medications, such as Coumadin, Eliquis and Plavix.
3. You will be asked to remove dentures, jewelry, partial plates, contact lenses, or any other prosthesis prior to surgery including but not limited to eyeglasses and hearing aids. To prevent injury and/or accidental loss, you may not wear these items to surgery. Bring appropriate storage containers and/or solutions for prosthetic devices.
4. Wear casual, loose fitting clothes and take into consideration the possibility of returning home with bulky dressings, a cast, or splint.
5. Do not wear makeup, nail polish, lotion or hair pins. Remove jewelry including all body piercings.
6. To prevent loss of personal items, leave all valuables at home.
7. Leave luggage and belongings in the car. A family member can bring it to your room after surgery.

8. In general, patients under the age of eighteen (18) **MUST** have a parent or legal guardian sign the consent form and remain throughout surgery. Adult age patients that are unable to sign for themselves must have their legal guardian or next of kin accompany them.
9. **You MUST have a responsible, licensed adult drive you home. You may not drive 24 hours following sedation of any kind and a responsible adult should spend the night with you.**
10. Notify your surgeon prior to surgery if you experience a change in your physical condition, such as a cold, flu, bladder infection, rash or a fever.
11. **Smoking increases your risk of certain surgical complications. It is best to stop smoking six weeks before your surgery. St. Mark's Hospital Surgery Center, as part of a statewide hospital initiative, is a tobacco/smoke free campus. This means that you and your family/visitors are not permitted to smoke or use tobacco products inside or anywhere outside on the hospital property. Please discuss with your physician if you would like a nicotine substitute product.**
12. If you use a machine at night for sleep apnea and are required to stay in the hospital overnight, please bring the unit with you on the day of surgery.

DIRECTIONS TO SURGERY

Enter the main hospital entrance #1 and proceed to the Registration Desk on the first floor for directions to the St. Mark's Hospital Surgery Center or proceed to the elevators on the first floor. Go to the 5th floor. The Ambulatory Care Unit is located on the South Wing.

WHAT TO EXPECT ON THE DAY OF SURGERY

Before surgery, a nurse will complete a physical assessment including taking your vital signs and completing any preoperative workup that is required by your physician. Please have available a list of current medications along with the date and time of the last dose taken, previous surgeries, allergies, and other pertinent health information. Prior to surgery, the nurse, along with our anesthesiologist, will answer any questions you may have about your surgery. Your surgeon may also visit with you.

ANESTHESIA

Anesthesia services are needed so that your physician can perform the operation or procedure. The anesthesiologist will visit you to discuss the type of anesthesia he or she plans to use. The anesthetic technique to be used is determined by many factors including physical condition, the type of procedure the doctor is to perform, his or her preference, as well as the patient's own desire, so please feel free to ask questions. If you receive general or regional anesthesia, you may be able to get out of bed the day of surgery or the next morning, but only with assistance. **Please don't try to get up without staff present until we inform you it is OK to be on your own.**

PATIENT SAFETY IS #1

Patient Identification: To help ensure correct patient identification, your arm band will be checked and you will be asked to verify your name and the procedure that you are having performed. This information will be asked frequently by all care providers. This is for your safety.

Marking the Surgical Site: Correct surgical site is very important. Before your surgery, the physician will mark your surgical site if it involves right or left side, spine levels, etc. This is another step that we take to ensure your safety.

Time Out: Prior to incision, the entire operating room team including surgeon, anesthesia, nurses, surgical assistant, and surgical technologist will stop everything and re-verify your identification, observe surgical site marking, and re-verify the surgical site marking and surgical procedure.

FAMILY AND VISITORS

While you are in surgery, your family and visitors may wait in the Surgery Waiting Area. This area is located on the 2nd floor. We serve complimentary coffee and snacks for our visitors. The waiting area is Wi-Fi accessible.

We also have a waiting area tracker that is mounted next to the reception desk area. The tracker allows your family or visitors to visualize where you are in the surgical process. Patients are identified by their initials. Other fields on the tracker are physician, time, and location.

WAITING AREA TRACKER LOCATION DEFINITIONS

In Preop: The time the patient is placed in ACU room

In Holding: The area the patient goes to from the ACU room for approximately 30 to 60 minutes

In Operating Room: The time the patient goes in to the Operating Room; time for surgery varies based on the type of procedure

In Recovery Room: Where the patient will be immediately after surgery for approximately 60-90 minutes

Out of Recovery – In Room: The time the patient left the Recovery Room and was taken to the Inpatient Nursing Unit location

In Post Recovery: The time the patient has left the recovery room and has been taken back to the ACU room

While You're Waiting...

As your family member or friend goes through surgery, our patient tracker board will keep you updated and informed.

- Patients are identified by initials - first and last names.
- Each line displays information about different patients, including the most recent update time, where he or she is located, and what's happening there.
- The updates in the last column will change as your family member progresses through surgery. You can use the lines below to write the following information:
Surgery started: _____ Time: _____ Transport to recovery area: _____ Time: _____

- After the surgery, the surgeon or a staff member will personally provide an update and tell you when your family member can have visitors in post-surgery care.
- If you must leave the hospital, please notify a staff member and leave a phone number where you can be reached.
- If you have any questions or concerns, ask a staff member or call:

PHONE NUMBER _____

Here is another way to track your family member or friend through our surgical process.



Your family member or friend must achieve the following before being discharged from the hospital:

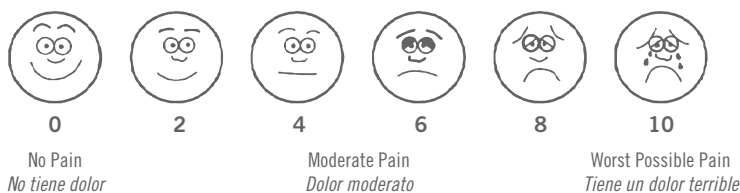
- Stable vital signs.
- Drink fluids.
- Urinate.
- Move about without dizziness.
- Correctly answer simple questions.
- Be reasonably comfortable.

PRE-OP (Surgery Room)	OR (Surgery Room)	RECOVERY (Surgery Room)	LOCATION
JAC Surgery Room 1 08:16	LAD Surgery Room 1 07:56	RWI Surgery Room 1 08:51	CEB Surgery Room 1 07:37
WBC Surgery Room 1 08:16	LSH Surgery Room 1 08:14	SAW Surgery Room 1 07:32	DCW Surgery Room 1 07:03
AAT Surgery Room 1 08:16	MLS Surgery Room 1 08:52	SJC Surgery Room 1 08:08	EP Surgery Room 1 07:45
BJM Surgery Room 1 08:22	NJB Surgery Room 1 08:02	SLB Surgery Room 1 08:01	GED Surgery Room 1 07:56
DCW Surgery Room 1 08:12	NLM Surgery Room 1 08:53	SVG Surgery Room 1 07:34	JAC Surgery Room 1 08:26
GJB Surgery Room 1 08:55	PHJ Surgery Room 1 08:41	SWP Surgery Room 1 08:46	PC Surgery Room 1 07:49
JRL Surgery Room 1 08:22	PLP Surgery Room 1 08:41	TRB Surgery Room 1 08:50	PLA Surgery Room 1 07:03
KKW Surgery Room 1 08:20	PMG Surgery Room 1 08:41	BJM Surgery Room 1 08:53	SDK Surgery Room 1 08:34
	RGC Surgery Room 1 08:59		



PAIN MANAGEMENT

St. Mark's Hospital Surgery Center is concerned about your health and well being. Pain is to be expected, but we will work diligently to manage it. We have developed a pain management program to ensure you get adequate relief from pain. Keeping your pain under control is important to your well being. It will help you eat better, sleep better, move around more easily, and visit with your family and friends. We will ask you to rate your pain using two types of pain scales. One is a score of 1 – 10 with 10 being worst pain. The other scale is a Wong Baker FACES Scale.



If you routinely take pain medications for chronic pain, please tell your surgeon or anesthesiologist, and your pre-op nurse.

AFTER SURGERY

After surgery you will be taken to the recovery room. The surgeon will call or visit your family to let them know how you are doing. In the recovery room, noises may sound louder than usual. You may have blurred vision, chills, nausea, or a dry mouth. A nurse will check your dressing and blood pressure often. You may have an IV or other tubes. Your surgery site may hurt or burn and pain medication may be given to you.

Each patient's reaction to anesthesia is a bit different, so recovery times vary. Most patients require a minimum of 60 - 90 minutes in the recovery room. If you require post-surgery hospitalization, you will be assigned a room and transferred when your condition allows. If you are having outpatient surgery, you will be returned to the Ambulatory Care Unit (ACU) and discharged from there.

While in Ambulatory Care, you will be assessed until you meet all criteria for discharge to go home. Upon discharge, you will receive written instructions for your care at home.

*As a reminder, anesthesia can cause drowsiness and amnesia for up to 24 hours after surgery. Therefore for your safety, you will **NOT** be allowed to drive home after surgery or for the next 24 – 48 hours depending on the type of anesthesia used. Your safety is of utmost importance to us, so be sure to make arrangements for an adult to drive you home and stay with you for 24 hours.*

PREVENTION OF SURGICAL SITE INFECTION

Healthcare-associated infections may occur as a result from care received in hospitals and other healthcare facilities. At St. Mark's Hospital, infection prevention is a high priority. We use many practices known to prevent and reduce the risk of infections. Sometimes infections may occur as a result of the treatment. We encourage our patients to speak up and ask questions about the care they receive. As a patient or visitor, there are steps you can take to prevent the spread of infection. This guide shows you how to help prevent surgical site infection.

What is a Surgical Site Infection (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. Some of the common symptoms are redness and pain around the area where you had surgery, drainage of cloudy fluid from your surgical wound, and fever.

Can SSI's be treated?

Yes. Most surgical site infections can be treated with antibiotics. The antibiotic given to you depends on the bacteria (germs) causing the infection. Sometimes patients with SSI's also need another surgery to treat the infection.

What are some of the things that hospitals and surgery centers are doing to prevent SSI's?

To prevent SSI's, doctors, nurses, and other healthcare providers:

- Clean their hands and arms up to their elbows with an antiseptic agent just before surgery
- All healthcare providers should wash their hands or use an alcohol based rub before and after contact with you.
- May remove some of your hair immediately before surgery using electric clippers if the hair is in the same area where the procedure will occur. You should not be shaved with a razor.
- Special antibiotics may be given before and after for a limited duration.
- Surgical team wears mask, cap, gown, and gloves during surgery.
- Clean the skin at the site of the surgery with a special soap that kills germs.

What can you do to help prevent SSI's?

- To help decrease your risk for getting a post-operative infection, it is recommended that you bathe or shower the morning of surgery.
- On the night before surgery, it is recommended that you sleep on freshly laundered sheets.
- On the night before surgery, you should not sleep with pets.
- Tell your physician about other medical problems that you may have. Health problems such as allergies, diabetes, and obesity can affect your surgery and treatment.

FALL SAFETY

Falls happen because of a combination of factors. You can help to reduce your risk of a fall by doing the following:

- Use the call light for assistance
- Sit on the side of the bed for a few minutes before you stand. Look straight ahead as you stand.
- Wear non slip shoes or non-skid footwear. The hospital provides nonslip socks.
- Walk close to the wall and use the handrail for safety.
- Ask that a dim light remain on at night to light the path to the bathroom.
- Do not lean on equipment with wheels
- Keep personal items such as phone, TV remote, urinal, etc. in reach
- Wear glasses or hearing aids if you have them
- Pull the emergency cord while in the bathroom if you need assistance
- Please tell your nurse if you use a walker, cane, wheelchair, or bedside commode.

FINANCIAL ARRANGEMENTS

Your surgery fee will be based on the time you spend in surgery and recovery rooms, as well as the supplies and services required to care for you. In addition to your bill, you will be billed by all physicians who cared for you, such as surgeon and anesthesiologist. A portion of your bill is due at the time of service (i.e. co-pay, co-insurance, or deductibles). We will ask for a deposit unless your insurance documentation notates otherwise. A representative from Patient Access Department will be contacting you to obtain all of the necessary registration information. The hospital participates in many insurance plans and managed care contracts.

A financial counselor may contact you prior to your stay regarding your portion of the hospital bill. If you anticipate difficulty financing your hospitalization, please contact the financial counselor at 801-268-7263 to make payment arrangements.



THANK YOU

for selecting St. Mark's Hospital Surgery Center for your surgical care.

Our experienced staff will strive to provide you with high quality care in a safe and pleasant environment. If there is anything we can do to make your stay more comfortable, please let us know. After your discharge, you may receive a call to participate in a patient satisfaction survey. Please let us know how you feel about your experience and what we might do to improve our care.



MOUNTAINSTAR

St. Mark's Hospital

1200 East 3900 South
Salt Lake City, UT 84124
(801) 268-7119 | www.stmarkshospital.com

Services will be provided in a nondiscriminatory manner without regards to age, race, gender, national origin or disability.