

BRODSTONE MEMORIAL HOSPITAL

PERIOPERATIVE PATIENT GUIDE



SURGICAL SERVICES DEPARTMENT

520 EAST 10TH STREET

SUPERIOR, NE 68978

(402) 207-1541

Dear Patient,

Welcome and thank you for choosing Brodstone Memorial Hospital for your surgical care.

Your surgical process begins the moment you learn surgery is necessary. The entire process encompasses the days and weeks prior to surgery, the day of surgery, your hospital stay, and discharge to home. For this reason, we have developed this booklet as a guide for you and your family.

To enhance your peace of mind during your surgical process, please read this booklet as soon as you receive it. You may discover some things that need to be addressed right away.

Again, thank you for choosing Brodstone Memorial Hospital. We are committed to providing the best surgical care from the start of your surgical process throughout your recovery.

If at any time, you or your family members have questions about your surgical care, please use the information below to contact our surgical team.

Brodstone Memorial Hospital

402-879-3281

Surgery Department

402-207-1541

Surgical Department E-mail:

cmeyers@brodstone.org

Hospital Address:

520 East 10th Street

Superior, Ne 68978

Fax:

402-879-4924 Attention: Surgery Dept

Advance Directives:

As an adult with the ability of making your own decisions, you have the right to participate in decisions concerning your healthcare and medical treatment. Many people choose to indicate their wishes in an Advance Directive, such as a Living Will, Healthcare Representative, or Power of Attorney for Healthcare. The documents allow you to convey to your family and physicians your wishes concerning your medical treatment.

Formal Advance Directives are written documents that state a person's choices about treatment or name someone to make such choices if the patient is unable to make decisions. Through Advance Directives, patients can make legally valid decisions about their future medical treatment.

There are different types of Advance Directives:

Living Wills- Are written instructions that explain your wishes for healthcare if you have a terminal condition or irreversible coma and are unable to communicate.

Healthcare Representative-Is a person appointed by you to make health care decisions for you when you are not able to make such decisions for yourself.

Healthcare Power of Attorney (POA)-Allows you to appoint another person who is authorized to act for you in matters of healthcare.

Psychiatric Advance Directive-This document expresses your preferences and consent to treatment measures for a specific diagnosis. It sets forth the care and treatment of mental illness during periods of incapacity.

On admission to the hospital, you will be asked if you have an Advance Directive. If you do, please bring copies of the documents with you and they will be scanned into your medical record. Advance Directives are not a requirement for admission. If you or your family have questions/concerns about the Advance Directive, please contact Brodstone Social Services Department.

DAY OF SURGERY

DO'S AND DON'TS:

Eating and Drinking:

Do not eat or drink anything after midnight before your surgery unless instructed otherwise by your Anesthesia provider. You may take a small sip of water that morning with the pills you have been instructed to take. Do not take any cough drops, hard candy, or chew gum the morning of surgery as this stimulates your stomach to create secretions.

If your surgery is planned for AFTER 12 NOON, you may have clear liquids until 8:00am the morning of surgery. Examples of clear liquids are: coffee, tea, water, 7-UP, apple or white grape juice. NO MILK! Also, you cannot have solid foods after midnight, just the clear liquids until 8:00am and then nothing to eat or drink after that! This increases your safety while under anesthesia.

Home Medications:

Do take any heart and/or blood pressure medications that you normally take in the morning. Also, please take any thyroid, seizure medications that you normally take in the morning. If you use inhalers/breathing treatments at home and usually use them in the morning, please do so before coming to the hospital. Also, please bring your inhaler(s) with you, even if you do not use them regularly. DO NOT take any diabetic pills the morning of surgery. Also, please contact your Doctor if you are taking insulin and ask how to manage your insulin the night before and morning of surgery. We will monitor and manage your blood sugar once you are admitted to the hospital. If you use an insulin pen, please bring that to the hospital with you that morning.

Please stop all herbal medication 7-10 days prior to surgery. Many herbal medications have the potential to inter-act with the anesthesia you will be given, your bloods ability to clot, and affect your heart. Please see the Guide to Herbal Medications and Dietary Supplements for information regarding many of the common herbal medications and how they interact with your body and surgery.

Please talk to your Doctor/Surgeon about your blood thinning medication(s), such as Coumadin, Plavix, Pletal, Effient, Xeralto, Pradaxa. Please note that this list isn't all inclusive. You will need to stop your blood thinning medication at a specific time prior to surgery, and each medication is different, so discussing this with your Doctor/Surgeon prior is important. Aspirin is ok to keep taking prior to surgery.

If you have a history of sleep apnea, please make sure that your anesthetist and the surgical staff are aware of your diagnosis. We also ask that if you use a CPAP/BIPAP machine at home that you bring it with you. You and your family must have increased vigilance after surgery with regards to your use of the CPAP/BiPAP. Your machine should be used for several days after surgery when you are sleeping. Medications that may be prescribed for you after surgery have a significant propensity to worsen your sleep apnea and will decrease your ability to be awakened once asleep.

Smoking:

You are STRONGLY encouraged to stop smoking once you find out you need a surgery/diagnostic procedure. Brodstone Memorial Hospital has a smoking cessation program or your Doctor can help you with a smoking cessation plan. Smoking GREATLY increases your risk of respiratory and anesthesia complications after your procedure and also GREATLY increases your risk of infection in your incision after surgery.

Alcohol:

Drinking alcohol 24 hours before surgery may increase the depth of your anesthesia and the effect of the medication you receive.

Bath or Shower:

The morning of your planned surgery we ask that you bath/shower with an antibacterial soap. This decreases the amount of germs on the skin and reduces the chance of infection at your surgery site. If you are having surgery on your legs/feet, please do not shave your leg(s) at home the night/morning before surgery. We will do that for you. The clippers we use at the hospital will not cause any nicks or cuts that the razors at home do, which can introduce more germs into the skin where your surgery will be.

Make up/Perfume/Lotion/Powder:

Do not wear any eye make-up the morning of surgery, or it will have to be removed prior to going back to the operating room. Please do not wear perfume; or use any lotion/powder the morning of your surgery. Underarm deodorant is fine.

Clothing/Personal Belongings:

Please wear loose fitting, comfortable clothes on your surgery day. Also please leave all jewelry and other personal belongings at home. We will be removing your jewelry prior to surgery, and it will be given to your family members, as we will not be responsible for lost items that we

have asked you to keep at home. Your clothes and wallet/purse will be secured in a locker while you are in surgery, or you may have your family member take your wallet/purse.

You may be asked to remove all non-permanent dental work prior to surgery. We realize this is a sensitive issue for many of our patients but it is necessary to assure dental work does not obstruct your airway while you are under anesthesia. If your dentures are secure you may be allowed to keep them in. This is up to the discretion of the anesthesia provider.

Wear your glasses if possible. If you wear contacts they have to be removed prior to surgery. Please bring a glasses case, or your contact solution with case to store your contacts while in surgery.

If you use hearing aids please wear them to the hospital so you can effectively hear and communicate with the surgical staff. If you have a case for them, please bring that as well.

When planning for your day of surgery, remember that the surgery itself occupies only a part of the time you may be spending with us. Be sure to consider preparation time and recovery time in your plans.

Upon arrival you will be given a hospital gown to wear. Warmed blankets and a warming unit can be given to you.

In The Operating Room

You may notice a lot of activity in the operating room (OR). The lights will be bright and it is cooler in the OR. Warm blankets will be given to you; also your bed will be warmed as well. Please tell your OR nurse if you are uncomfortable or if you need anything. You may hear sounds and people talking, but this is just the OR staff preparing for your surgery. You may be asked to verify your name, surgical procedure and surgical site repeatedly. Don't be concerned. This is called the "Universal Protocol" for ensuring the right patient has the right procedure at the right surgical site. It is a national campaign that Brodstone participates in to ensure the safest surgical environment. You are the most important person in the room, and your safety and comfort is our biggest priority.

Anesthesia:

Your anesthetist (CRNA-Certified Registered Nurse Anesthetist) administers anesthesia, monitors your condition during surgery, and participates in your post-operative pain management. The type of anesthesia you receive will depend on the type of surgery you are having and your overall health. Your anesthetist will discuss the best type of anesthesia with you and your surgeon in the few days leading up to your surgery or the morning of surgery.

Types of anesthesia:

General: This involves receiving medication through your IV to help you sleep along with oxygen through a mask. After you're asleep your CRNA will insert a tube into your windpipe or behind your tongue to facilitate your breathing. You will also be given anesthetic gases through your breathing tube to keep you asleep during your entire surgery. You might experience some light throat irritation after your surgery, but this will only last 1-2 days. Your CRNA will be with you throughout your entire surgical procedure.

Local Anesthesia: Occasionally your surgeon may choose to perform a procedure in the OR that only requires local anesthetic, or "numbing the surgical site." An OR nurse will also be with you during your procedure. This type of anesthetic is given only for certain procedures, and depends on your overall health.

TIVA: Total Intravenous Anesthesia involves your CRNA giving your anesthesia through your IV only to produce a sleepy state. You will be given oxygen by a nasal cannula or by mask. This type of anesthesia is only given for certain cases, and depends on your overall health.

Regional Anesthetic: Regional anesthesia may be used to produce complete numbness from the nipple for waist level to the foot (spinal or epidural), or to numb just one specific area of the body that requires surgery (peripheral nerve block). Spinal or epidural anesthesia is commonly used for surgery of the lower abdomen or extremities. Peripheral nerve blocks may be used for arm, shoulder, foot, or knee surgery. With any of these methods, medications will be given to you through your IV to make you drowsy and comfortable during the administration of the block and during surgery.

Surgery Waiting Room

Waiting for a family member during a surgical procedure can seem like a long time. Your family may choose to wait in the lobby or in your room (if you are to stay overnight). Your family may sit with you in our pre-op area for a short time prior to surgery. Then they will be

asked to sit in the lobby to ensure the privacy and safety of other patients having surgery that day as well. The OR staff will notify your family when we have started your procedure, and also when the surgeon should be out to speak with them. Please have a family member stay in the lobby/ your room at all times to ensure someone is there to speak with the surgeon after your surgery, or if the OR staff should need to contact your family.

For your convenience, a pop machine and coffee are available on the 2nd floor. A snack food vending machine, pop machine, and coffee are located in the 1st floor cafeteria as well.

After Your Surgery

After surgery you will be taken to the Post Anesthesia Recovery room (PAR). During that time your surgeon will speak with your family. Your recovery time will depend on the type of surgery and anesthetic you had, along with allowing you to rest and monitor your comfort level. You will have a PAR nurse with you at all times monitoring your vital signs, comfort, your body's overall response to your surgery, and administering pain or other medications if you need them.

The medications used in anesthesia may cause you to have blurry vision, a dry mouth, chills, and nausea so do not be concerned if they occur. Warmed blankets will be provided along with medications to ease your nausea. The nurse will ask you if you have pain and to rate it on a pain scale of 1-10.

If you are having outpatient surgery and plan to go home the same day, you will need to be able to tolerate liquids, a light meal, and be able to walk in the halls with your nurse prior to leaving. These are just to ensure that you are ready and safe to go home. Prior to discharge, your nurse will review your home care instructions, incision care, and any other instructions your surgeon has written for you. If you have questions/concerns please ask your nurse then. It is also a good idea to have a family member listen to your instructions with you because the anesthetic you were given can make you forgetful.

If you are staying overnight, or having surgery that would require a multiple night stay, you will be taken to the room you will stay in for the duration of your hospital visit after recovery. Feel free to bring your own toiletry items, your robe and slippers, electric razor, etc.

SAFETY

Preventing 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 of a surgical site infection are:

Redness and pain around the area where you had surgery

Drainage of cloudy fluid from your surgical wound

Fever

Can SSI's be treated?

Yes, most surgical sites infections can be treated with antibiotics. The antibiotic given to you depends on the bacteria (germs) causing the infection. Here at Brodstone our surgical staff works very hard to prevent SSI's. Some of the ways we do that are using sterile supplies, using a special skin prep in the operating room, giving you an antibiotic prior to surgery, and using good hand hygiene.

What can our patients do to help prevent SSI's?

Stop smoking prior to surgery. Smoking greatly increases your chances of SSI

Shower before coming to the hospital, and do not shave the area around where you will have surgery done.

If you develop a cold, cough, or fever prior to surgery please call and let your Doctor/Surgeon know.

Follow your post-surgical instructions.

Before dressing changes, wash your hand or use an alcohol based hand rub.

Do not let others touch your dressing or surgical incision.

Do not put lotions, creams, hydrogen peroxide, or any kind of solution on your incision

After dressing changes/showers, always allow your incision to dry. A warm, wet environment is a prime opportunity for bacteria to grow. You may also use a hair dryer on a low setting to speed the drying process, just be mindful of making your skin too hot.

Do not take tub baths/showers until your incision is healed or it's okayed by your Doctor/Surgeon.

If you do have any of the symptoms of an SSI, do not wait to call the Doctor!

Partners in Safety:

SPEAK UP!!!

To assist us in providing quality care and a safe environment during you hospitalization we ask that you consider the following points:

Speak up if you have questions, concerns, or don't fully understand what your Doctor or nurses are telling you or your family.

Pay attention to your care regarding you treatment, medications, and confirming your identity.

Educate yourself about your diagnosis, medical tests, and treatment plan. If you don't understand the medical forms given to you, please ask your nurse.

If you have a trusted family member or friend as your advocate please tell your nurse and Doctor who this is and what information they can be given.

Please use the call light for assistance to avoid falls.

Keep your list of medications, including over the counter, and herbal medications current.

Tell your nurse and Doctor about any allergies to medications that you have had in the past.

Participate in all decisions regarding your care and treatment.

If you need to address any concerns with someone other than your nurse or Doctor, please contact our Compliance Officer by calling (402) 879-3281 and requesting extension 5195.

Pain Management:

Pain is an uncomfortable feeling that tells you something may be wrong in your body. Our staff is committed to pain prevention and management.

Pain control options:

Both drug and non-drug treatments can be successful in helping prevent and control pain. The most common methods of pain control are:

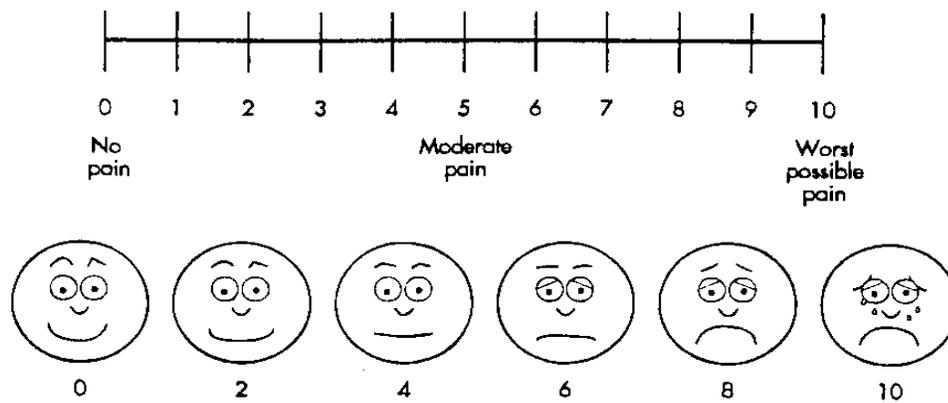
Drug treatment: Take pain medications such as a pill, shot, suppository, or through your IV.

Non-drug treatment: Use massage, hot or cold packs, relaxation, music or other activities to distract you, control of light and noise, or repositioning.

There are 3 different ways to obtain pain medications:

1. By asking your nurse.
2. At scheduled times throughout the day
3. PCA (patient controlled analgesia). With a PCA you may be getting a set amount of pain medication every hour, and your PCA pump will be set up to allow you to push a button when you need more pain medication. The unit is programmed to only allow you to get a set amount every hour. You cannot get more than is safe, and the button is ONLY to be used by the patient, family should never push the button for you.

Your nurse and Doctor will ask you throughout the day what your pain scale is. 1 is very little to no pain, while 10 is the most excruciating pain you've ever experienced. Please participate in using the pain scale, as it helps the nurses and Doctors develop a pain management plan that suites your needs and helps you heal.



May be duplicated for use in clinical practice. As appears in McCaffery M, Pasero C: *Pain: Clinical manual*, p. 67, 1999, Mosby, Inc.

Thank you again for choosing Brodstone Memorial Hospital for your surgical care. We look forward to caring for you, and making your surgical experience a safe, positive one.

Please refer to the contact information at the front of the booklet if you have any questions or concerns now that you have read through the booklet.

Guide to Herbal Medications and Dietary Supplements

Please stop all herbal and dietary supplements 7-10 days prior to surgery for you safety

<u>Supplement</u>	<u>Complications</u>
Chondroitin-----	Irregular heartbeat, increased risk of bleeding
Chromium-----	Enhanced effects of insulin and oral sulfonylurea agents (hypoglycemia)
Cysteine-----	Interaction with ACE inhibitors, nitroglycerin, or isosorbide (abnormally low blood pressure)
Echinacea-----	Immunosuppression, poor wound healing
Ephedra-----	Increased heart rate and blood pressure
Fish Oil-----	Increased risk of bleeding
Garlic-----	Increased risk for bleeding
Gingko-----	Increased risk for bleeding
Ginseng-----	Increased risk for bleeding, hypoglycemia
Glucosamine-----	-Reduced effectiveness of insulin, hypoglycemia
Kava-----	Increased risk for sedation
St Johns Wort-----	Multiple herbal and drug interactions
Valerian-----	Increased risk for sedation
Vanadium-----	-Increased risk for bleeding
Vitamin A-----	Increased risk for bleeding, liver damage
Vitamin C-----	--Dehydration, increased blood levels of NSAIDS
Vitamin E-----	Increased risk for bleeding
Black Cohosh-----	Increased risk for bleeding
Chamomile-----	Increased risk for bleeding
Flaxseed-----	Increased risk for bleeding

This list is not all-inclusive, these are just examples of commonly used herbal medications