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# Guidelines for Surgical Patients

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 Advocate  
Good Samaritan Hospital

Inspiring medicine. Changing lives.

# Guidelines for Surgical Patients

We are pleased that you and your physician have selected us to provide your surgical care. Everyone associated with the hospital is dedicated to providing you with excellent care without exception. Enclosed are instructions regarding your surgery.

If you have any questions, contact the Pre-Surgical Testing Department at Advocate Good Samaritan Hospital:

- Call 630.275.2002
- Visit [advocatehealth.com/gsam/surgery](http://advocatehealth.com/gsam/surgery)

## Before Surgery

### General Guidelines

- If you develop a cold, sore throat, fever or any other illness prior to your procedure date, notify your surgeon immediately.
- Same day surgery patients need to arrange for a responsible adult, age 18 years old or older, to drive you home and stay with you a minimum of six hours once you arrive home. If this has not been arranged it may result in possible cancellation of your surgery.
- If you have young children, please make arrangements for their care while you are at the hospital.
- Plan to bring your glasses, hearing aids, dentures or other assistive devices with you if you rely on them. Once you go into surgery, these devices will be given to your family.

### Medications and Supplements

- **Blood thinners:** Medications such as coumadin, heparin, aspirin, plavix, non-steroidal anti inflammatory drugs (NSAIDs), and other blood thinners affect the body's blood clotting capabilities. These medications are usually stopped 3-7 days prior to surgery. Please contact your physician regarding a stop date for these medications and contact Pre-Surgical Testing at 630.275.2002 with the date.
- **Inhalers:** you may use your inhaler the morning of surgery and please bring it with you on the day of surgery.
- **Vitamins and Supplements:** due to interactions with anesthesia, the anesthesiologist requests you STOP all herbs, supplements and vitamins seven days prior to your surgery.

### Diabetics

- Please contact your physician for specific instructions on how to manage your diabetes prior to surgery.
- Most procedures require a patient to have nothing to eat or drink after midnight prior to the day of surgery, so you may need to change insulin dosage or stop diabetes medications. Please do not make changes without discussing with your physician.
- Inform your surgeon that you have diabetes.
- Please realize that poor blood sugar control can have a significant impact on not only a successful outcome, but can lead to a delay or cancellation of surgery.

*If you are unsure of what medication to take the morning of surgery, contact your physician or Pre-Surgical Testing at Good Samaritan Hospital prior to the day of surgery.*

## Advanced Directives

Advanced Directives such as a Power of Attorney for Health Care and Living Will are legal documents stating how much medical care a person desires in certain circumstances. These documents allow you to appoint a person to make your medical decisions if you cannot make them for yourself. If you would like to initiate these forms or receive more information a representative from Mission & Spiritual Care will assist you prior to surgery. There is no fee for this service. If you have existing documents please bring a copy with you to the hospital for your medical record.

## Day Before Surgery

- The day before your surgery you should eat a normal meal for dinner and drink plenty of fluids (6-8 glasses of water or juice), unless you are on a fluid restriction or your surgeon has specified otherwise.
- Do not drink alcoholic beverages or smoke for 24 hours prior to your procedure.
- In an attempt to prevent infection, shower the night before and the morning of surgery. If your surgeon has not provided specific bathing instructions, please follow the instructions provided by the Pre-Surgical Testing Department.
- Perform thorough oral hygiene by brushing teeth with a new tooth brush (if possible) and rinsing with an antiseptic mouth rinse both the night before and the morning of surgery.
- Remove all jewelry, make up and body piercings prior to arrival at the hospital and leave all valuables at home.

## Showering Instructions

### For the night before and the morning of your surgery procedure

Good Samaritan Hospital is committed to working together with our patients to prevent infection. During your surgery we will provide antibiotics (medications that prevent infections) and clean your skin with special products that help kill germs. We will monitor body temperature, blood sugar and other vital signs. All of these precautions can help prevent infection. We also need you to make sure your skin is as free from germs as much as

possible before your procedure. Thorough cleaning of the skin can help reduce the chance of infection by greatly reducing the amount of germs on your skin. Please follow the steps below before your surgery.

You will need Hibiclens or similar liquid soap that has Chlorhexidine Gluconate (CHG) as the active ingredient. It is usually found in the First Aid aisle or behind the pharmacy counter of your local pharmacy.

**Important: If you are allergic to Chlorhexidine or the patient is under the age of two months, do not use this product. Instead, shower with an antibacterial soap such as Dial.**

### Showering Steps

*\*Complete the night before and the morning of surgery\**

1. Wash your whole body first with regular soap and water.
2. Wash your hair with your normal shampoo.
3. Rinse well.
4. Turn off the shower water.
5. Apply the Hibiclens to your entire body from the neck down.
6. Wash your body gently with the Hibiclens for five minutes. Do not scrub too hard.
7. Rinse your body well.

Do not shave your body the night before or the day of surgery. Shaving nicks can increase the risk of infection.

**NOTE:** If your doctor gives you specific instructions differing from these, please follow your doctor's instructions. Caution should be exercised to avoid Hibiclens contact with your eyes, inside your ears, and mucous membranes. Therefore, use regular soap and water to wash your face and genital area.

## Day of Surgery

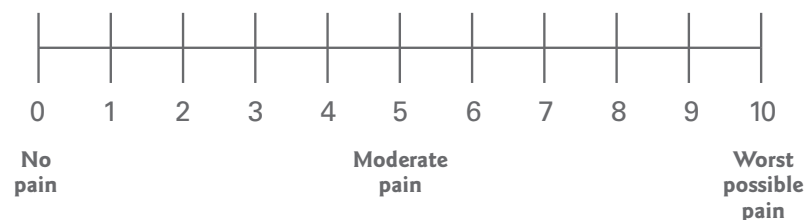
- Nothing to eat or drink after midnight the day of surgery unless otherwise instructed by your physician or the nurse from Surgical Care Pavilion. This includes hard candy, mints or sips of water, unless otherwise instructed. Brush your teeth, but please swish and spit out the water, do not swallow. Pediatric patients will be provided with specific instructions per physician orders.
- **Do not bring any valuables with you to the hospital, including credit cards, money in excess of \$5.00 or large bags or purses.**
- Bring your Medicare card, all applicable insurance cards and a photo ID with you.
- Do not wear contact lenses. If you wear eyeglasses remember to bring a case to store them in while you are in surgery.
- Wear loose fitting clothes and low-heeled shoes.
- Bring reading materials or music to help pass the time. Wi-Fi is available in the hospital. Be sure to give any personal items to family or friends to hold while you are in surgery.
- Pediatric patients may bring a favorite stuffed animal or blanket to help ease their anxiety. A special bottle or sippy cup may also be appropriate for after surgery.
- Patients staying overnight may bring a bag of items you may need for your hospital stay such as toiletry items, slippers, robe and a change of clothes for your discharge. Do not bring large bags. Your family will be given your belongings when you leave the pre-op area. Lockers will be available in the Surgical Family Reception Area to store your belongings if needed.

## At the Hospital

- At your scheduled arrival time, go to the Main Entrance of the hospital and check in at the first floor information desk. You will be directed to the Surgical Care Pavilion and registered at the bedside.
- You are scheduled to arrive up to two hours prior to surgery to allow time for the nurse to perform an assessment, prepare all required paperwork and to complete any lab tests if necessary.
- One family member and or friend may accompany you during the admission process. After you are admitted, additional visitors may join you in the pre-surgical area, however the number of visitors at any one time is limited to two.
- In the pre-surgical area, you will meet your anesthesiologist and speak with your surgeon prior to your procedure. This gives you time to ask questions and address any concerns you may have prior to surgery.

## Pain Management

Pain is common after surgery and it's our goal to make you as comfortable as possible to aid in your recovery. Pain management is important because it allows you to be comfortable while you heal, get rest, move more easily and return more quickly to your normal activity. After your procedure, clinical staff will ask you to use a numeric pain scale to rate your pain. A pediatric pain scale appropriate for children will be used for these patients.



Pain will not be at zero immediately after surgery, but please take a moment to familiarize yourself with this scale so we are able to communicate effectively and manage your pain post procedure.

## Recovery Phase I

### What to expect immediately after surgery

Once surgery has been completed, you will be brought to the recovery room, also known as the post anesthesia care unit (PACU). Clinical staff will monitor you closely as you recover from anesthesia. The length of time spent in recovery depends on the type of anesthesia and the individual patient. Once discharge criteria has been met, you will return to the Surgical Care Pavillon for Phase II recovery care if going home or you will be transferred to a room if staying overnight. Family will be able to join you in either of these places.

Clinical staff may do the following while monitoring patients in recovery:

- Monitor vital signs such as temperature, blood pressure, pulse and breathing;
- Monitor for any signs of complications;
- Maintain the patient's comfort with pain medication and body positioning;
- Check for swallowing or gagging before a patient may eat or drink anything;
- Monitor the patient's level of consciousness; are they easily arousable or awake, do they know where they are and why they are here?
- Check the wound, any lines, tubes, or drains;
- Monitor patient's bladder for distention.

While you are in Recovery Phase I, your surgeon will meet with your family member to provide an update in a private consultation room.

## Recovery Phase II

### What to expect before going home

A patient will be allowed to go home once anesthesia discharge criteria are met. Patients will be offered and need to keep fluids down, have stable vital signs and pain managed, and will have reviewed and received their home care instructions. The average length of stay in Phase II recovery is one hour depending on physician orders. Outpatients will have post procedure instructions reviewed by your nurse at the time of discharge.

*For pediatric patients only: should your child be required to stay overnight on a pediatric unit, arrangements may be made for parents/or guardians to stay overnight with your child.*

## Patient Role in Prevention of Surgical Infection

### ***Good hand washing is the best defense in preventing infection!***

- After your surgery, make sure everyone on your health care team cleans their hands with soap and water or hand rub before taking care of you.
- Ask family and friends who visit you to not touch the surgical wound or bandages. Instruct them to clean their hands thoroughly before and after visiting you.
- Ask your doctor to explain why you are continuing to receive antibiotics if you are still receiving them for more than 24 hours after your surgery.
- Learn about taking care of your wound and know who to contact if you have questions or problems before leaving the hospital.
- Always clean your hands before and after caring for your wound at home.
- Call your doctor immediately if you have any signs of infection such as redness or increased pain at the surgical site, drainage, body aches or fever.

For more information about your surgical procedure, types of anesthesia or advance directives, please visit our website at [advocatehealth.com/gsam/surgery](http://advocatehealth.com/gsam/surgery).

**If you have any questions,  
contact the Pre-Surgical Testing at  
630.275.2002 || [advocatehealth.com/gsam/surgery](http://advocatehealth.com/gsam/surgery)**

***Remember—If you do not see your visitors or members of your health care team clean their hands, please ask them to do so!***

## Patient's Surgery Checklist

### Before Surgery

- I have completed my preregistration and health history telephone interview.

- Pre op labs and testing to be done at:

\_\_\_\_\_

Date/location/phone number

- My doctor's phone numbers are: \_\_\_\_\_

\_\_\_\_\_

- Medications/supplements I need to hold prior to surgery:

Name/last dose: \_\_\_\_\_

\_\_\_\_\_

Name/last dose: \_\_\_\_\_

\_\_\_\_\_

- On the day prior to your procedure, a representative from the hospital will contact you between 3 and 8 pm to confirm the time of your procedure and your arrival time. You will be asked to arrive 1.5 to two hours prior to your scheduled procedure time. **If you do not receive a call by 8 pm, please call 630.275.7600.**

### General Instructions for the Day of Surgery

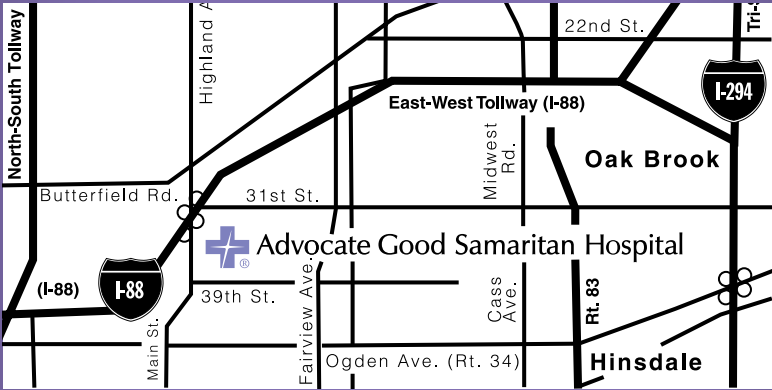
- Nothing to eat or drink after midnight the day of surgery including candy or water, unless instructed otherwise. The only exception is any medication your physician or presurgical nurse instructed you to take. Pediatric patients will receive specific fasting instructions.
- Medications to be taken on the morning of surgery with a sip of water only are: \_\_\_\_\_
- I have arranged for an adult to drive me home from the hospital the day of surgery and stay with me a minimum of six hours after I arrive home. I have packed personal items I may need should I be staying overnight after my surgery.
- I have a photo ID and insurance card. All other valuables have been left at home.
- I have removed all jewelry, make up and body piercings prior to arriving at the hospital.
- I have packed any inhalers, clean CPAP masks, braces, assistive devices or medications as instructed by physician and/or presurgical nurse.
- I have directions and map and know where to go to register the day of surgery.

**Questions to ask my doctor:** \_\_\_\_\_

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Pre-Surgical Testing at 630.275.2002  
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