

Planning for Surgery Guide



MOUNT CARMEL
ST. ANN'S

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ARRIVAL INFORMATION

DATE ____ / ____ / ____

TIME ____ : ____ AM/PM

Our staff is dedicated to providing you with the finest surgical care available today.

To make your visit with us as pleasant as possible, we have included information in this booklet for you and your family. Please review this information to help you prepare for surgery.

- ▶ You will receive a call the day before surgery to instruct you on what time to arrive. It will typically be 2 to 3 hours before your surgery.
- ▶ You may be called with additional information or time changes up to 8:30 p.m. the day before your surgery.

Pre-Registration

For your convenience, you may pre-register for your procedure on our website or by telephone.

- ▶ Visit mountcarmelhealth.com at any time.
- ▶ Call 614-546-3150 during business hours.

You will need to provide standard information, including information from your insurance card. By pre-registering, your information will be in Mount Carmel's system and you will need to spend less time in Registration when you arrive. Registration will be completed on the day of your surgery.

THIS GUIDE IS MEANT TO PROVIDE GENERAL INFORMATION AND SHOULD NOT REPLACE MEDICAL ADVICE GIVEN BY YOUR SURGEON OR HEALTHCARE PROVIDER. ALWAYS FOLLOW YOUR DOCTOR'S RECOMMENDATIONS.

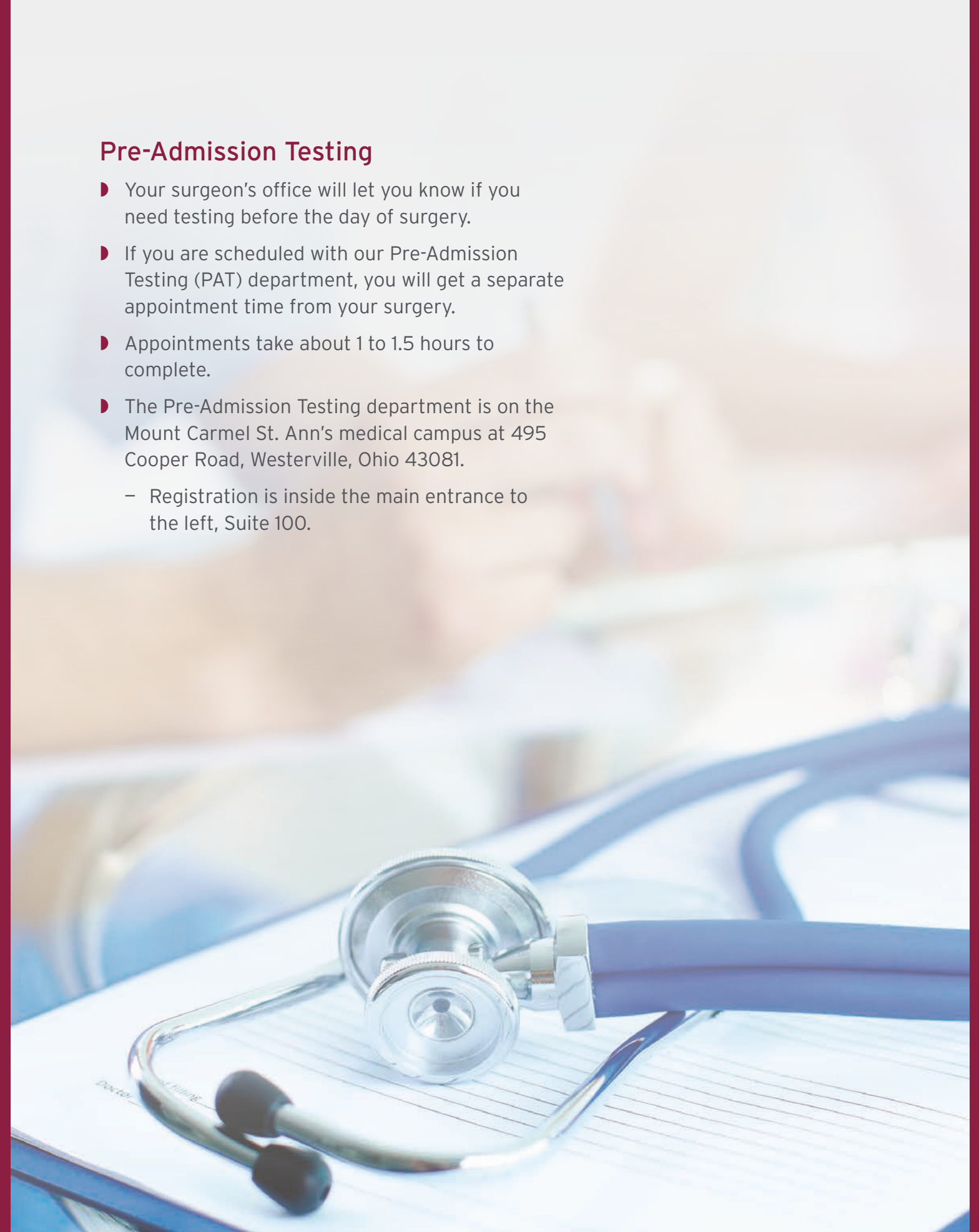
Understanding Your Surgery Cost & Payment Options.

It's important to have financial arrangements in place before your scheduled surgery or it may be delayed. Prior to surgery, please contact Surgical Access Services for information about the cost of your surgery, your financial obligations, your options for payment and any financial assistance that may be available.

Surgical Access Services
614-546-3150

Pre-Admission Testing

- ▶ Your surgeon's office will let you know if you need testing before the day of surgery.
- ▶ If you are scheduled with our Pre-Admission Testing (PAT) department, you will get a separate appointment time from your surgery.
- ▶ Appointments take about 1 to 1.5 hours to complete.
- ▶ The Pre-Admission Testing department is on the Mount Carmel St. Ann's medical campus at 495 Cooper Road, Westerville, Ohio 43081.
 - Registration is inside the main entrance to the left, Suite 100.



Arriving for Your Surgery

- ▶ On the day of your surgery, go to the **main entrance** of Mount Carmel St. Ann's.
- ▶ Please check with the receptionist at the front desk, who will direct you to registration.

Family and Friends

- ▶ There may be restrictions to visitation while you are in the hospital. Visitor policies may change at any time to ensure the safety of our patients, staff and families.
- ▶ For your privacy and protection, you will receive a "FIND" code on admission. We ask that you share this number with one of your family members or friends. This person will be asked for the FIND code when requesting updates about your condition and can then share the information with others.
- ▶ When you arrive at the surgery check-in area, we will request a phone number of your family member or friend in case we need to reach them.

After Surgery

After surgery you will be taken to the Post-Anesthesia Care Unit (PACU), also called the recovery room. You will be closely monitored while you recover and wake up from anesthesia. Your length of stay will depend on the type of surgery you had and how you are feeling. This is often 1 to 2 hours, but may be longer. For patient safety, visitors are not generally allowed in the PACU.

After you have recovered from anesthesia and are stable, you may be moved to a different room until you are discharged from the hospital.

If you were told that you would spend time in the hospital after surgery, you will be taken to your hospital room from the PACU. Your room will not be assigned until you are in the PACU. When permitted, your family and friends will be able to visit with you and bring your personal items once you are settled in your room.

We hope this information has been helpful in preparing you for your surgery. Please review the health education on the following pages. If you have any questions, please call your surgeon's office or the Pre-Admission Testing department at 380-898-4460.



Protect Your Lungs Before and After Surgery

After surgery, the risk for lung infections may increase due to receiving general anesthesia, lying flat for a length of time, and inactivity. If you have an incision on your chest, back, or stomach you may not breathe as deeply. Shallow breathing keeps your lungs from completely filling with air and reduces the amount of oxygen in the blood. There are ways to reduce the risk of lung infections and help strengthen your lungs.

To protect and strengthen your lungs before surgery:

- Stay active. Exercise helps to strengthen your breathing. Practice deep breathing.
- If you smoke, stop. Quit smoking to reduce your risk of infection and other serious complications.

After your surgery, you also need to protect your lungs:

- Get out of bed and walk after surgery as soon as your doctor allows.
- **Cough and deep breathe** to expand and clear your lungs:
 - At least 10 times every 2 hours take 2 slow, deep breaths in through your nose and breathe out slowly through your mouth. Take in a third slow, deep breath through your nose and then cough as you breathe out. Your nurse will show you how to do this. Do this for at least a week after your surgery or until you are fully recovered.

- Support your incision with a pillow or folded blanket when you cough and deep breathe. This will ease the discomfort.
- Your doctor may want you to use an incentive spirometer to exercise your lungs. Your nurse or respiratory therapist will instruct you on how to use it.
- Drink at least 8 cups of fluid (preferably water) each day unless your doctor has told you to limit your fluids. This will help keep your lungs clear and thin secretions.
- Take pain medicine as your doctor recommends to try to keep your pain under control. You will be better able to take deep breaths and move around.
- Avoid people with coughs, colds, and other infections while you recover.

After you return home, call your doctor if you have:

- A fever greater than 101°F (38.3°C)
- Shortness of breath or pain with breathing
- An increase in mucus, coughing, or wheezing
- A stuffy nose, sneezing, or sore throat for more than 48 hours

Key Safety Points Before Your Surgery

We are committed to making your surgery as safe and effective as possible. You also play an important part in preparing for surgery. Follow these instructions carefully:

- Call your doctor if you have a fever, cold or flu symptoms, or any other changes to your health during the week before your surgery.
- Remove **all** jewelry, including wedding bands and body piercings. You may replace body piercings with temporary plastic posts before coming to the hospital. If you have rings that will not come off, please tell a staff member.
- Do not eat or drink after midnight the night before your surgery unless you are given other instructions. Carefully follow your surgeon's directions to prepare for your surgery. Call your surgeon's office if you have any questions.
- You may brush your teeth and rinse your mouth but do not swallow any water the morning of surgery.
- If you have been told to take certain medications the morning of surgery, take them with a small sip of water.
- You may wear deodorant but do not wear any makeup, perfume, powders, lotions, or creams.
- Wear loose, comfortable clothing and tennis shoes.
- Do not bring any valuables to the hospital.
- You will need to have a responsible adult to drive you home and stay with you for the first 24 hours after surgery.
- If you are to stay overnight at the hospital, please leave personal items in the car. Your family can bring them to you once you are in your room.
- Females ages 12 to 60 will be asked to provide a urine sample when admitted the day of surgery.
- Be sure to bring:
 - Your driver's license or photo ID, insurance card, and co-payment.
 - A copy of your Living Will and/or Healthcare Power of Attorney if you have made them.
 - Any medical equipment that you use daily such as walker, cane, or CPAP.
 - Your glasses, hearing aids, or special aids. You will need these before surgery but will give them to your family for safekeeping before you go to the operating room.



If these instructions are not followed or there is a change in your health, it may be necessary to delay or reschedule your surgery.

If you have any questions, call your surgeon's office.

Surgery

Preventing Infection

Infection is a risk of any surgery. Preventing an infection involves both you and your healthcare team.

Before Surgery—At Home

- Wash your hands often to help prevent the spread of germs. Use soap and warm water for at least 20 seconds each time.
- If you smoke, stop. Smoking greatly increases your risk of having complications after surgery including respiratory issues, pneumonia, delayed wound healing, and infections.
- If you have diabetes, try to control your blood sugars. High blood sugar slows the healing process.
- Take a shower the night before and/or the morning of surgery. You may be told to use a special soap or wipes to clean the area where your surgery will be done. If you are not given special instructions, wash well with an antibacterial soap like Dial®.
- Do not shave or use other methods to remove hair in the area of your surgery. Hair removal will be done in the hospital if necessary.
- Dress warmly and stay warm on the way to the hospital.

At the Hospital

- Hair around the surgical site may need to be removed by your care team. Instead of using a razor, clippers will be used to decrease the chance of infection.
- Your surgical site will be cleaned with an antimicrobial scrub or soap. This helps remove the bacteria from your skin and decrease the growth of bacteria during and after your surgery.

- During surgery, the doctor and staff will wear gowns, masks, and gloves to decrease the chance of infection.
- Antibiotics may be given through your intravenous line (IV) 30 to 60 minutes before some surgeries.

After Surgery—At the Hospital

- The care team will wash their hands or use alcohol-based hand sanitizer when they enter and leave your room.
- The care team will also wash their hands before and after taking care of your wound.
- Your incision may be covered with a dressing (bandage). Dressings will be changed as needed. Staff will wear gloves during dressing changes and check for any signs of infection.
- Always wash your hands before and after you touch your dressing or incision.
- Any permitted visitors must follow hospital safety measures and have no symptoms of illness, including fever or respiratory symptoms.
- Ask all visitors to wash their hands or use an alcohol-based hand sanitizer when coming into and leaving your room.
- Do not be afraid to remind the staff about hand washing.

At Home

- Follow the instructions that you are given when you are discharged from the hospital. Before leaving the hospital, make sure you understand how to care for your incision and who to contact if you have problems or questions.
- In general, you should restart your normal home medications after surgery. However, it is important to ask your surgeon for specific instructions about resuming your usual prescription medications, over-the-counter medications, or supplements. Contact your doctor if you have questions.
- Practice good hygiene. Always wash your hands before and after caring for your incision and ask others to do so.
- Take your temperature as you are instructed or if you feel like you have a fever or chills.
- Check your incision for signs of infection every day.
- Call your doctor if you have any signs of infection:
 - Increase of redness, swelling, or bleeding to your incision
 - Increase in the amount of drainage
 - Drainage that smells bad or changes in color (such as green, brown, or yellow)
 - Any opening or separation of your incision
 - Fever of 101° F or higher
 - Chills
 - Shortness of breath
 - New or worsening pain

We care about your health and safety. If you have any questions or concerns, talk with your nurse or doctor.

Comfort Measures and Pain Management

As part of your care at Mount Carmel, we know keeping you comfortable and managing your pain will aid in your recovery. Although we may not be able to keep you pain-free, we will make every effort to provide comfort and manage your pain.

We offer many comfort measures that we have found to be helpful. Talk with your nurse and care team about what you would like to try and what seems to work best for you.

For your physical comfort

- Ice pack or heat pack
- Warm blanket or washcloth
- Extra pillow
- Mouth swab
- Saline nose spray
- Humidification for oxygen tube

Relaxation Aids

- If you like background music or “white noise”, try our TV relaxation channels.
- Focus on your breathing. Practice taking slow, steady, deep breaths.
- Close your eyes and picture a peaceful place in your mind.
- Try to have some uninterrupted quiet time. Some of our care teams have specific times set for this. Talk with your nurse and family members about your needs.

Activities to improve comfort

Be sure to check with your care team before doing these. You may need help with some of these:

- Gentle stretching
- Changing your position in bed
- Getting up to a chair
- Walking
- Bathing
- Adjusting temperature or lighting in your room
- Visiting with a chaplain

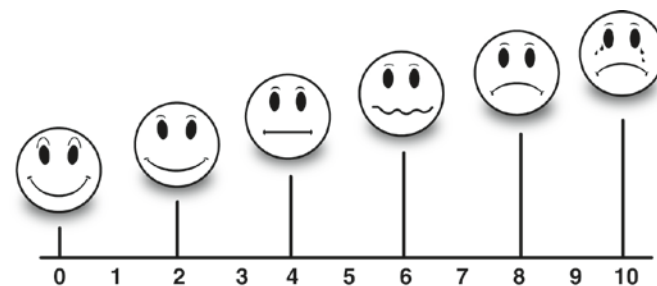
Things to help distract you

These can help with boredom or distract you from your pain or discomfort:

- Listening to music
- Watching TV
- Reading
- Visiting with family and friends
- Playing cards
- Working in puzzle books - crossword, word searches, Sudoku

Checking on Your Pain

We will be asking you questions about your pain. You can use a number or face on this scale to rate your pain.



Pain Medication

Although comfort measures are very helpful, you may need medication to help manage your pain. Pain medications are available in injections, pills, and patches. Your doctor will order the types of pain medicine that will work best for you.

Whatever kind of pain medication you are getting, it is most helpful to take it before the pain gets severe. Don't wait too long to ask for your pain medicine. This makes it harder to get relief.

Types of Pain Medication

- **Acetaminophen** (Tylenol®) helps relieve mild to moderate pain. It is often combined with other medications to increase the effect of pain relief (Percocet® and Norco®).
- **NSAIDS** (Non-steroidal anti-inflammatory drugs) such as aspirin, ibuprofen (Advil®, Motrin®) and Celebrex® reduce swelling and soreness. They relieve mild to moderate pain and work well alone or with other pain medicines.
- **Narcotics** such as morphine, oxycodone, and Dilaudid® are given for moderate to severe pain.

Common Side Effects of Pain Medication

Tell your nurse if you have any of these side effects or other symptoms of concern:

- **Nausea or Vomiting** - You may have stomach upset with pain medication especially after surgery or when taking other new medications.
- **Sedation** - Some pain medication may make you feel very drowsy or sedated. The nursing staff will check on you often to make sure you are safe.
- **Dizziness** - Sometimes after being in bed, having surgery, and taking pain medications, you may feel dizzy when you attempt to get out of bed. Be sure to call for help before getting out of bed. A staff member must be present when you get up. Sit on the edge for a few minutes before standing.
- **Constipation** - Some pain medications affect your bowels by slowing them down. Getting up and walking as soon as you are able is most helpful. Drink plenty of fluids. Your doctor may order a stool softener or laxative if needed. Do not ignore the urge to have a bowel movement.

As You Recover

As you recover, your need for pain medication should decrease. Continue with your comfort measures as long as needed. Talk with your doctor if you have any questions or concerns about your pain management during your recovery.

Progestin Birth Control - Post Surgery Caution

For women of childbearing age receiving progestin-based birth control:

Medications may be administered as part of your surgical treatment that could interfere with progestin-based birth control. This includes many birth control pills, injectable birth control (Depo-Provera), birth control implants, vaginal rings, and certain intrauterine devices (IUDs). This effect is similar to missing one oral contraceptive pill. To prevent unintended pregnancy, you should use a back-up method of birth control for one month.

The information provided is for informational purposes only. Mount Carmel Health System does not promote, condone, or endorse all the values expressed herein. The values or opinions they express with regard to the use of artificial contraception are not consistent with the teachings of the Catholic Church and the Ethical and Religious Directives for Catholic Health Care Services.

Quit Smoking - Before your operation

Quitting smoking is not easy, but it is one of the best things you can do for your health. Smokers are 2 to 4 times more likely to develop blood clots, infections, pneumonia, strokes, and heart attacks. Quitting smoking 4 to 6 weeks before your surgery can reduce the rate of wound complications by 50%. Quitting even one day before your surgery can reduce your blood pressure and heart rate.

Before your surgery is a great time to quit. The first step is deciding to quit, but willpower alone may not be enough to stay tobacco-free. Get expert help by contacting your health care provider for medications that can help reduce the symptoms of nicotine withdrawal. It is important to have the right tools and support to help you on your path to a tobacco-free life.

Call **1-800-QUIT-NOW** (1-800-784-8669) for help quitting. This is a free telephone support service that can help people who want to stop smoking or using tobacco. Callers are routed to their state quitlines, which offer several types of quit information and services.

You can also get help from the free smartphone **quitSTART** app or use one of the valuable online resources available:



<https://smokefree.gov/>

<https://www.becomeanex.org/>

<https://www.lung.org/stop-smoking/>

Directions to Mount Carmel St. Ann's

500 South Cleveland Avenue

Mount Carmel St. Ann's is located northeast of downtown Columbus in Westerville, Ohio.

From the North

- From I-71: Take I-71 south to I-270 east. Follow I-270 east to Cleveland Avenue North exit. Continue north about ½ mile and turn right in the hospital.

From the East

- From SR 161: Follow SR 161 to I-270 west. Exit Cleveland Avenue North. Turn right in the hospital in ½ mile.
- From I-70: Follow I-70 west to I-270 north and continue to the Cleveland Avenue North exit. Merge onto Cleveland Avenue North. In a ½ mile, turn right into the hospital.

From the South

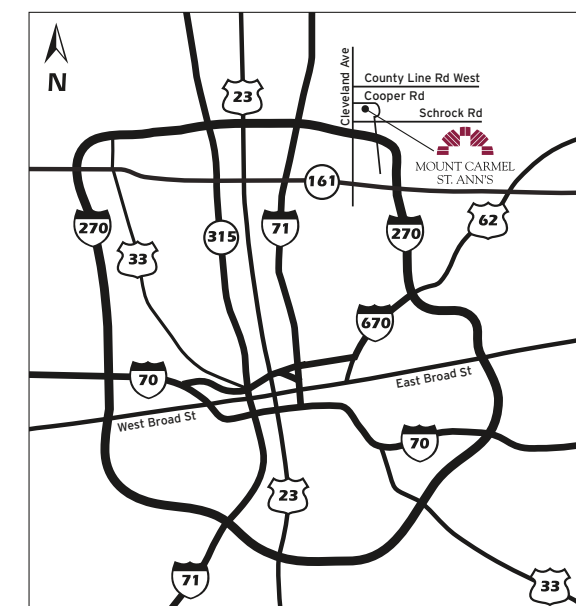
- From I-71: Follow I-71 north to the north side of Columbus. Exit onto I-270 east. Follow I-270 east to Cleveland Avenue North exit. Continue north about ½ mile. The hospital is on the right.

From the West

- From I-70: Follow I-70 east to I-270 north and continue to the Cleveland Avenue North exit. Merge onto Cleveland Avenue North. In a ½ mile turn right.

Parking

On your day of surgery, please use the free valet service provided at the main entrance. For your pre-admission testing, free valet parking is available in front of 495 Cooper Road from 8 a.m. - 7 p.m., Monday through Friday.





MOUNT CARMEL
ST. ANN'S

500 South Cleveland Avenue
Westerville, Ohio 43081