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Welcome to TriStar StoneCrest Medical Center. We are committed to providing 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 may do to improve our care.

The information in this brochure will provide you with valuable knowledge to ensure the best experience for you and your family.

Please call 615-768-2042 if you have any questions or concerns. Again, thank you for choosing TriStar StoneCrest Medical Center for your surgical care.



DIRECTIONS TO SAME DAY SURGERY

Enter the hospital through the main entrance and check in at Patient Registration located to the left in the main lobby.

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 recuperation at home. Please follow specific instructions given to you by your surgeon.

PREADMISSION TESTING

If your surgery requires anesthesia or IV sedation, you may need to have routine preadmission testing (PAT). During your PAT appointment, nurses will complete your health history, lab and other diagnostic requirements such as x-rays, and review preoperative information. If no lab or diagnostic testing is required, a PAT nurse will contact you by phone prior to surgery to obtain your health history. If you have not been contacted within 24 hours of your surgery, please call the PAT department at 615-768-2042. Please have a list of your medications and insurance cards available. Prior to surgery, patients must sign a consent form. If you have an advanced directive or living will and would like it to be part of your medical record, please bring it with you. Also, if you have durable power of attorney, those forms will be needed.



Pre-Surgery Instructions

PRE-SURGERY INSTRUCTIONS

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

1. DO NOT eat or drink anything after 12:00 a.m. the night before your surgery/procedure, unless otherwise instructed by your admitting physician or anesthesiologist. This includes water, coffee, gum, mints, 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 admitting physician 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.
 - Follow any instructions you have been given regarding discontinuation of aspirin, anti-inflammatory medicines, herbal medicines, or other blood thinning medications, such as Coumadin and Plavix.
3. To prevent injury and/or accidental loss, you may not wear the following items to surgery: dentures, partial plates, contact lenses, or any other prosthesis. Bring appropriate storage containers and/or solutions.



Pre-Surgery Instructions



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, or hair pins. Remove jewelry, including all body piercings.
6. Children may wear pajamas and bring a favorite toy, stuffed animal, or blanket.
7. To prevent loss, leave all valuables at home. Do not bring jewelry and cash.
8. Leave luggage and belongings in the car. A family member can bring it to your room after surgery.
9. Bring available crutches or walker if applicable to your surgery.
10. 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 durable power of attorney accompany them and bring legal documents to the hospital.
11. **You MUST have a responsible, licensed adult drive you home. Legally, you may not drive 24 hours following sedation of any kind. It is also recommended that you have a responsible adult spend the night with you.**
12. Notify your surgeon prior to surgery if you experience a change in your physical condition, such as a cold, flu, bladder infection, or a fever.
13. Smoking increases your risk of certain surgical complications. It is best to stop smoking six weeks before your surgery. Inquire with your physician if you would like a nicotine substitute product.
14. If you are on a CPAP at home, please bring the unit with you on the day of surgery.



Day of Surgery

WHAT TO EXPECT ON THE DAY OF SURGERY

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



You will likely be given medications preoperatively to assist in the control of post op nausea and vomiting. One of the medications given for this is a scopolamine patch, which is placed behind the ear. Since scopolamine can cause dilation of the pupil and blurred vision upon direct eye contact, patients are strongly advised to wash hands thoroughly and immediately after handling the patch. This patch may stay on post operatively. Remove after 24 hours and place in a plastic bag to discard.

Anesthesia services are needed so your physician can perform the operation or procedure. You will meet with your anesthesia provider and he/she will review the anesthesia plan and answer any further questions.

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: Before your surgery, the physician will mark your surgical site if it involves laterality, spine levels, etc. This is another step that we take to ensure your safety.

After Surgery



Time Out: Prior to incision, the entire operating room team, including surgeon, anesthesia, RN, 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.

AFTER SURGERY

Post Anesthesia Care Unit

After surgery you will be taken to the Recovery Room (Post Anesthesia Care Unit). The surgeon may 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. If you require post-surgery hospitalization, you will be assigned a room and transferred when your condition allows. If you are released to recover at home, you will be monitored until we feel it is safe for you to leave. Most patients require a minimum of one hour in the recovery room. If you are having outpatient surgery, you will be returned to the Same Day area.



Post Recovery

You will be encouraged to deep breathe and cough to help clear your lungs. Your nurse may ask you to move around in your bed. This is done to help your recovery. It is recommended that you repeat the following exercises every 1-2 hours until you are up and around.



After Surgery

- Inhale as deeply as you can, then hold for a second or two.
- Exhale completely and repeat several times.
- Produce a deep abdominal cough (not a shallow throat cough) by short, sharp breathing out. The incision may be splinted with hand or pillow. Flexing the knees relieves strain on the abdominal muscles.
- You may be asked to do this frequently by your recovery room nurse until you are fully awake.

You will want to maintain good circulation by changing your position. Please use these helpful hints.

- Bend one knee, placing foot firmly on the bed.
- Lift opposite arm overhead (in the direction of the turn).
- Roll onto side, pushing with bent leg using bedrail if needed.
- If you need assistance, your nurse will be happy to assist you.
- Push the toes of both feet toward the foot of the bed; relax both feet; pull toes toward your chin and relax both feet.
- Circle both ankles, first to the right, then to the left; repeat 3 times and then relax.
- Bend each knee alternately, sliding foot along the bed and then relax.

Your physician will determine when you can get out of bed. It is very important that you have assistance getting out of bed the first time and when you begin walking.

When the physician says you may begin eating, you will probably start on liquids. Later, your diet will be advanced as ordered by the physician.

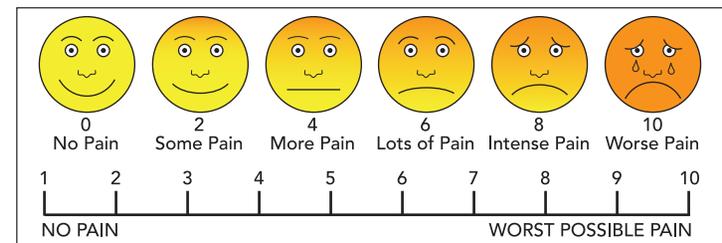
While in Same Day, you will be assessed until you meet all criteria for discharge to home. Upon discharge, you will receive written instructions for your care at home. **As a reminder, anesthesia can cause drowsiness and amnesia for up to 24 hours after surgery.** Therefore, for your safety you will 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.

Pain Management



PAIN MANAGEMENT

TriStar StoneCrest is concerned about your health and well being. We have developed a pain management program to ensure you get adequate relief from pain. The goal of pain management is to control the pain. 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 that is a visual measurement featuring facial expressions to help describe the intensity of pain.



PREVENTION OF SURGICAL SITE INFECTION

Healthcare associated infections may occur as a result from care received in hospitals and other healthcare facilities. At TriStar StoneCrest, 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. Most surgical site infections can be treated with antibiotics.



Tobacco Free

What can you do to help prevent SSI's?

- To help decrease your risk for getting an infection post op, it is recommended that you bathe or shower the morning of surgery.
- 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.
- Quit smoking. Patients who smoke get more infections. Talk to your physician about how you can quit before surgery.
- Do not shave near where you will have surgery. Shaving with a razor can irritate your skin and make it easier to develop an infection.

TOBACCO-FREE CAMPUS

TriStar StoneCrest Medical 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 this with your physician if you would like a nicotine substitute product.

REASONS TO QUIT SMOKING

One in four smokers die early because of their smoking. They die of heart disease, cancer, and emphysema. What's more, research shows that secondhand smoke – the smoke from other people's cigarettes – can harm the health of nonsmokers. Breathing in another person's smoke can cause many breathing problems in children and cancer and heart disease in adults.



Visitor Amenities



TIPS TO QUIT SMOKING

- Call American Cancer Society Quit Line to receive information on local smoking cessation programs. 1-800-227-2343
- Call Tri-Star MedLine at 615-342-1919 for information on smoking cessation classes in your area. For additional information, visit the American Lung Association website at <http://www.lungusa.org>
- Pick a good time to quit. Don't quit when you are under a lot of stress or around a holiday.
- Be aware that smokers have different experiences when they quit. They may feel sleepy or very excited, lightheaded, nervous, or irritable. They might crave tobacco or sweets or have headaches.
- Be sure to get some exercise daily. Exercise is a big boost toward feeling better and improving spirits and keeping trim.
- Get plenty of sleep. Eat a balanced diet, and drink lots of water.
- Ask family, friends, and coworkers to help. Having someone to take a walk with or just listen can give a needed boost.
- Nicotine replacement therapy may be an option but should be discussed with your doctor. These options may include nicotine gum, nicotine patch, and inhalers or sprays.

FAMILY AND VISITOR AMENITIES

A waiting room is available for your family and visitors while you are in surgery. It is located on the first floor of the facility.

StoneCrest Cafe is located just outside the waiting room; complimentary coffee is also available in the waiting area for our visitors.

Wireless internet is available throughout the facility.

The Gift Shop is located on the first floor. A variety of items is available, including flowers, balloons, and magazines.

A tracking monitor that allows your family or visitors to visualize where you are in the surgical process is located in the waiting area. Patients are identified by the first letter of first name followed by the first three letters of the last name.

DRIVING DIRECTIONS



From Nashville:

Take I-24 East toward Chattanooga. Take Exit 66-B, Sam Ridley Parkway. Turn right on StoneCrest Parkway. Proceed to the first StoneCrest entrance and turn right.

From Murfreesboro:

Take I-24 West toward Nashville. Take Exit 66 and veer right. Turn right on StoneCrest Parkway. Proceed to the first StoneCrest entrance and turn right.