

Preparing for Surgery

Patient Education at
Retreat Doctors Hospital

During your appointment, we will:





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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Directions

Please use our Robinson Street Entrance which can be found with GPS using 110 N Robinson St. Richmond, VA 23220. There is a patient drop-off area as well as a covered parking deck. Right inside the entrance is the Registration area. Please stop and check in.

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. In addition to these instructions, please follow specific instructions given to you by your surgeon.

Enhanced Recovery After Surgery (ERAS)

ERAS stands for strategies that help patients recovery better after surgery, particularly with regards to fluid intake and pain medications to get the gastrointestinal (GI) tract working normally again. Patients having certain types of surgeries may be given instructions to consume clear liquids after midnight the evening before surgery. Conversely, some patients may be told not to consume anything after midnight. These ERAS instructions will be provided—verbally and in writing--during the Pre-Admission Testing (PAT) visit to the eligible patients. The instructions are tailored to the individual patient and surgery type, therefore it is very important to follow them specifically.

Pre-registration

Retreat Doctors Hospital now allows you to pre-register online from anywhere through secure, protected forms. The pre-registration process allows us to get the information we need from you prior to the day of surgery. Pre-registration helps save you time on the day of your surgery to make preparing for your hospital visit as simple and stress-free as possible.

Please pre-register online at least 48 hours before your visit to the hospital to allow adequate time for processing your information.

- Visit retreatdoctors.com to register online or go to
- retreatdoctors.com/MyHealthOne for more information.

What You'll Need to Pre-Register

- Your personal contact information
- Identify someone we can contact in case of emergency
- Insurance information - group name and number, policy number, address and telephone number
- The name, address and phone number of your Primary Care Physician and your Surgeon for the upcoming procedure
- Date of procedure
- A list of all medications you are taking, their dosage and frequency
- A list of your medical conditions, disease history, and any surgical procedures you have ever had

Scheduling an Appointment with Pre-admission Testing (PAT)

If your surgery requires anesthesia or IV sedation, you may need to have routine pre-admission testing (PAT). Your PAT appointment can be made by your physician's office at the time your surgery is being scheduled or you can schedule the appointment yourself at 804-285-5115. The appointment should take place within 14 days prior to your surgery. You can expect to be present at this appointment for 1 ½ - 2 hours. The goal of this appointment is to gather and understand your medical history to help plan for your care and reduce delays or cancellations on the day of surgery.

During your PAT appointment, the team will:

- Document your medical history.
- Complete pre-admission tests as ordered by your surgeon 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.

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
- All medications in original bottles, including over-the-counter medications, herbals and supplements
- 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

If you have not been contacted within 14 days of your surgery, please call the PAT department at 804-285-5115.

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 pre-operative instructions are very important.

1 DO NOT eat or drink anything after 11:00 pm 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.

- 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.
- If you use inhalers, bring them with you the day of 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.
- You may be asked to NOT take your diabetes medication on the day of your surgery. Please confirm this with your admitting physician or during your Pre-Admission testing appointment.

3 You will be asked to remove dentures, partial plates, contact lenses, or any other prosthesis prior to surgery including but not limited to eyeglasses and hearing aids. Usually, 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 You MUST have a responsible, licensed adult drive you home. 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.
- 6 Do not wear makeup or hair pins. Remove jewelry including all body piercings.
- 7 Children may wear pajamas and bring a favorite toy, stuffed animal, or blanket.
- 8 To prevent loss, leave all valuables at home. Do not bring jewelry and cash.
- 9 Leave luggage and belongings in the car. A family member can bring it to your room after surgery.
- 10 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.
- 11 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.
- 12 Smoking increases your risk of certain surgical complications. It is best to stop smoking six weeks before your surgery. Retreat Doctors Hospital, 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.
- 13 If you use a CPAP at home, please bring the mask with you on the day of surgery if you are required to stay in the hospital overnight.

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 pre-operative test 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. At this time, the nurse, along with our anesthesia team, will answer any questions you may have about your surgery. Your surgeon will also visit with you in order to verify your surgical site. During the assessment, you will be screened using a post-operative nausea and vomiting risk assessment. Dependent on this assessment, you may be given medications pre-operatively to assist in the control of post-operative nausea and vomiting.

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 your own. 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. Other possible side effects include nausea, vomiting and sore throat.

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 surgery on one side of your body to specific locations such as 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 Waiting Room. The waiting room is Wi-Fi accessible.

We also have a waiting room patient tracker that is mounted across from the staff desk in this area. The tracker allows your family or visitors to visualize where you are in the surgical process. You will be identified by the first letter of your first name followed by the first three letters of your last name. Other fields on the tracker are physician, time, and location.

Waiting Room Patient Tracker Location Definitions

Patient In Pre-Op: The time you are placed in a room to get ready for surgery.

Patient In Procedure Room: The area you go for the procedure or Surgery. The time for surgery varies based on the type of procedure being done.

Patient leaving Procedure Room: When you are leaving the Procedure/Operating Room.

Patient is In Recovery Room: Where you will be immediately after surgery.

Patient Out of Recovery Room: The time you will leave the Recovery Room to be discharged or to go to your in-patient bed.

*tracker may not be available at all facilities

Pain Management

Retreat Doctors Hospital is concerned about your health and well being. We have developed a pain management program to ensure you get adequate relief from pain. Some post-operative pain is to be expected; the goal of pain management is to control the pain so you can become a partner in your care and comfort. Pain is a distress signal to your body that something may be wrong. Pain results from any condition that stimulates sensors in your body that detect pain. Unmanaged pain may cause suffering which can lead to other health problems and delay in recovery. 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 Post Anesthesia Care Unit (PACU). The surgeon may call or visit your family to let them know how you are doing. In the PACU, 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.

Everyone'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.

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 that you may begin eating, you will probably start on liquids. Later your diet will be advanced as ordered by the physician. While in PACU, 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. In addition, a bland diet, ice chips and over-the-counter or prescribed anti-nausea medication can be used if you experience nausea and vomiting after leaving the hospital.

Prevention of Surgical Site Infection

Post-operative infections may occur as a result from care received in hospitals. At Retreat Doctors Hospital, infection prevention is the highest priority. We use many practices known to prevent and reduce the risk of infections. In spite of these practices, infections may still occur. We encourage you to speak up and ask questions about the care you 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.

Surgical Site Infection (SSI)

Surgical Site Infections are just like they sound, an infection at the location of the surgery. 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:

- Wear mask, cap, gown, and gloves during surgery.
- Clean their hands and arms up to their elbows with an antiseptic agent just before surgery.
- Wash their hands or use an alcohol-based rub before and after contact with you.
- Give you antibiotics prior to procedure.
- 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 will not be shaved with a razor.
- 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 usually 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.

Discharge Instructions

Discharge Instructions will be provided prior to your leaving the hospital. This will include your medication instructions, wound care instructions and when you can return to your activities of daily living. You will be instructed on if and when to follow up with your physician.

Financial Arrangements

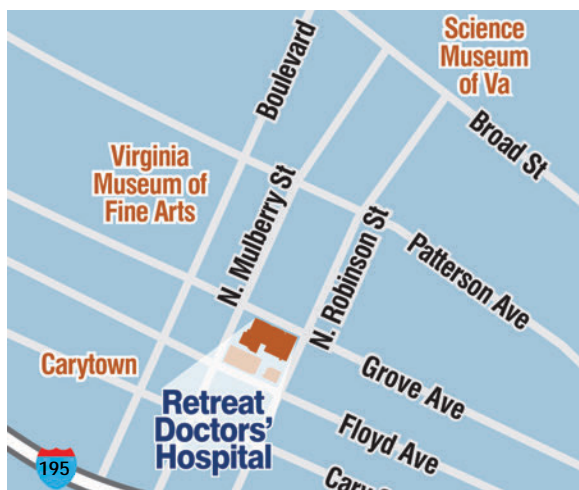
Your surgery fee will be based on the time you spend in surgery and recovery rooms, as well as the supplies and services required to care for you. In addition to your bill, you will be billed by all physicians who cared for you, such as the surgeon and anesthesiologist. A portion of your bill is due 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 (insert facility contact info) to make payment arrangements.

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Thank you for selecting Retreat Doctors Hospital 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.



2621 Grove Ave
Richmond, VA 23220

GPS: 110 North Robinson Street for the parking
garage and registration entrance.

(804) 254-5100 | retreatdoctors.com

Services will be provided in a nondiscriminatory manner without regard to age, race, gender, national origin, sexual orientation, gender identity, or disability.

