

SURGERY GUIDE



MOUNTAINSTAR

Timpanogos
Regional Hospital



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Timpanogos Regional Hospital

Dear Patient,

Timpanogos Regional Hospital's Administrative Team would like to welcome you to our facility and share our commitment to provide exceptional safe patient care and compassionate service to you and your family. Through dedication and commitment from our staff and physicians we strive to meet your individual needs.

We realize that being in the hospital may be an unexpected experience for you. Through our values (*compassion, integrity, teamwork, passion and accountability*) we strive to make your visit as comfortable as possible.

We welcome your comments and questions. Your communication is important and valuable to us as we personalize your stay. We encourage you to communicate freely and frequently with your caregivers who are always happy to assist you.

If you would like to contact a member of the administrative team, you may contact us at (801) 714-6800. If you are in the hospital dial extension 6800. Weekends, evenings, or on holidays call (801) 714-6446 to contact the House Supervisor. If you are in the hospital dial extension 6446.

Sincerely,

Keith D. Tintle
Chief Executive Officer
Timpanogos Regional Hospital



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Welcome to Timpanogos Regional Hospital

You and your doctor have decided that you need surgery. This booklet will help answer many of the questions you might have. It will guide you through pre-op (before surgery) and explain your post-op (after surgery) care. Knowing what to expect will help make your hospital stay more pleasant. It can also help speed your recovery.

We care about your questions and concerns and we encourage you to discuss them with your healthcare team. *The information and guidelines contained in this booklet should not be used as a substitute for the medical care and guidance provided by your physician and healthcare team.*

Scheduling Your Surgery

Scheduling Steps:

1. The doctor's office will schedule your surgery.
2. The Hospital business office will contact you to obtain information regarding insurance and financial responsibilities.

Inpatients *(Complex surgery generally requiring over night stay)*

1. The Hospital will call you to schedule an appointment with a Pre-admission Nurse. During this visit your medical history and a list of your current medications will be reviewed.
2. The following tests may also be completed:
 - X-ray
 - Urine and blood tests
 - Electrocardiogram (ECG or EKG)
3. You will receive information and education related to your surgery.
4. The evening before surgery, the Hospital will contact you with a time to arrive for your surgery.

Outpatient *(Same-day Surgery, going home the same day or next morning)*

1. A nurse from the hospital will call the evening before surgery to obtain a brief history and a list of your current medications.
2. At the conclusion of the call, the nurse will provide you with a time to arrive for your surgery.

How to Prepare for Surgery

To help your surgery go well, take these steps ahead of time:

- Keep all scheduled appointments including your hospital pre-admission appointment
- Stop taking herbal medication 14 days prior to surgery (some may cause bleeding or interact with hospital medication)
- Ask the pre-admit nurse about taking any medications before surgery. If you are told to take certain medications, take them with a small sip of water
- Check with your physician regarding discontinuing aspirin and products containing aspirin, salicylates and/or salicylamides prior to surgery
- Ask your surgeon if you should stop taking blood thinners before surgery
- Refrain from drinking alcoholic beverages for 24 hours before and after surgery. If you drink, make sure you are honest with your surgeon and anesthesiologist about your drinking routine. *This will help us ensure your care is safe and appropriate*
- We strongly encourage you to stop smoking. This will reduce the risk for complication (respiratory, anesthesia and infection) during or after your surgery. You may want to speak with your primary care physician about a smoking cessation program. More information can be obtained by calling 1.800.QUIT.NOW (1-800-784-8669)
- Do not eat or drink anything after midnight, including gum, hard candy, mints, or chewing tobacco
- Plan ahead for your recovery at home (pet care, house cleaning and hazards, homehealth care, equipment, etc.)
- Take a complete shower according to the instructions on page 6

Hibiclens Shower Instructions

IMPORTANT FOR INPATIENTS: You will be given *Hibiclens* soap at your pre-admission visit. All large drug stores have this cleanser available. If you are allergic to Chlorhexidine* (the antiseptic in *Hibiclens*), use an antibacterial soap such as liquid Dial Soap for your preoperative shower.

You will be instructed to shower with *Hibiclens* both the night before your surgery and the morning of your surgery. **Do Not** use *Hibiclens* on the head, face or genitals to avoid permanent injury to those areas.

Step 1 The Night Before Your Surgery:

- **Do not** shave the area of your body where your surgery will be performed. This can increase the risk for infection
- Shower and wash your hair and body as usual with your normal soap and shampoo
- Rinse your hair and body thoroughly after you shower to remove all soap residue
- With your hand, apply the first packet of *Hibiclens* soap to the surgical site
- Wash the site **gently** for five minutes. **Do not** scrub your skin too hard
- **Do not** wash with your regular soap after *Hibiclens* is used
- Rinse your body thoroughly
- Pat yourself dry with a clean, soft towel
- Do not use lotion, cream, or powder
- Wear clean clothes

Step 2 The Morning Of Your Surgery:

- Repeat Step 1 using the second packet of *Hibiclens* soap
* *Not to be used by people allergic to Chlorhexidine.*

Preparing at Home

Follow these steps when getting ready at home:

- On the morning of your procedure, take another bath or shower with *Hibiclens* according to the instructions on page 6
- Take only medications that are approved by your physician on the morning of surgery
- You may brush your teeth and rinse your mouth, but do not swallow any water
- Do not apply perfume, powder, body lotion or deodorant on the day of surgery
- Please do not wear make up. No false eyelashes. Nail polish should be removed
- Wear comfortable clothes such as a button front shirt and loose-fitting pants. Consider where your surgical dressing will be
- Leave all jewelry, including body piercings, and valuables at home. Jewelry can not be worn during surgery
- You may wear glasses, dentures, and hearing aids before and after surgery. They will need to be removed before entering the operating room. Please bring a case for your hearing aids, dentures, glasses and/or contacts
- Leave cash, credit cards, and valuable items with a family member or responsible person you choose. (The hospital is not responsible for lost or stolen items)
- **Note:** Make sure arrangements are made to make co-payments before your surgery

It's normal to feel nervous before your surgery. Please keep in mind the surgical team is skilled at performing your procedure.

Things to Bring with You

Checklist:

- Insurance Card(s) or forms and a picture ID
- A list of your medications (include the medication name, dose, schedule and last time taken). Include all over the counter supplements and/or medication (use medication form on page 18 of this booklet)
- Immunization history - flu and pneumonia vaccination dates (use form on page 18 of this book)
- Advance medical directive, if you have one. If you don't have one and would like one, please ask the admitting clerk for more information
- CPAP or BIPAP machine for sleep apnea, if you use at home
- Comfortable clothing to wear home

PLEASE NOTE:

- If you are allergic to any medications, please inform your doctor or the nurse responsible for your care
- Tell the doctor if you take aspirin, products containing aspirin, ibuprofen, herbal medications or blood thinners, such as Coumadin, Ticlid or Plavix
- Notify your doctor if you are diabetic and provide information about the medications you take
- It is important for you to arrange for someone to drive you home following surgery. You **will not be allowed** to leave the hospital alone or drive yourself home following sedation and anesthesia
- If you have not already done so, please bring a list of your medications with you the day of your pre-admission appointment and surgery

Arriving at the Hospital

You will enter the hospital from the west side of the building (800 West). When you check in to Same-day Surgery you will complete paperwork.

If you have questions about the papers you are completing, ask the registrar and they will answer your questions or find someone who can answer the question. Please arrive at your scheduled time.



After registering, you will be taken to a private room where you will be prepared for surgery. Due to limited space, only one family member may accompany you in the room. There is a large waiting area for other family members.

The preparation process will include:

- Meeting with anesthesia caregivers, operating room personnel and your surgeon
- You will sign your surgery and anesthesia consent. You have the right to ask questions prior to signing these documents
- Surgeon will mark the surgical site
- Placement of an IV
- Checking your vital signs
- Drawing any additional lab or urine specimens (*if required*)
- Assessment of your pre-operative pain level by asking you to rate your pain
- Pre-op teaching by your nurse
- Evaluation of any education or discharge planning needs and post-op teaching
- Review your health history
- Clipping hair at surgical site (*Please don't shave the site prior to surgery as this may increase your risk for infection*)

Just prior to going in to the operating room, you may be asked to:

- Leave any personal items with a relative or a friend (hearing aid, contact lenses or glasses and dentures)

Anesthesia Care

Before and during surgery, you will be given medications called anesthetics. It is provided by an anesthesiologist or a nurse anesthetist. Both are highly trained specialists. Prior to surgery you will meet with your anesthesiologist and surgeon to determine the safest anesthesia for you.

Types of Anesthesia

General Anesthesia

General anesthesia puts you into a deep sleep. You will not be aware of the surgery.

Regional Anesthesia

Regional anesthesia blocks the pain at the surgical site. You may be awake but sleepy, however, you should not feel pain. You may be given other medications to help you relax.

Sedation

Sedation is a method in which a medication is given through an IV. This will help you relax. You may remain awake and aware throughout the surgery, but your pain will be managed. You may be drowsy or in a light sleep.

Combinations

A combination of any of the above may also be used.

Your Surgical Team

Many skilled members make up your surgical team. Your surgeon leads the team. Other members may include an anesthesiologist or nurse anesthetist, nurse and surgical technologists. Each member has a specific purpose on the team and are important to your care.



The Operating Room

Our Operating Room provides a safe place for surgery.



More than 3,500 surgical procedures are performed each year in our hospital. With the advancements in surgical technique, surgical instrumentation, intensive care units, and better anesthesia, surgery is safer today than it has ever been.

- Once surgery starts a member of the surgical team will notify your family members that surgery has started
- When the surgery is completed you will be taken to the Recovery Room where you are closely monitored for approximately an hour
- Following recovery you will be taken to a room for the rest of your stay

For Family/Friends who are Waiting

Light refreshments are provided in the Same-day waiting area. There are also vending machines and restrooms nearby.

Our patient tracker board located in the Same-day Surgery lobby is one way we keep you updated and informed. Patients are identified by their first initial and then the first three letters of the last name.

Each line displays information about different patients, including their location.



If you need to leave during the surgical procedure, please notify someone at the Same-day nurses desk.

After surgery, your surgeon will provide an update and let your family members know the outcome of the surgery.

After Surgery

When your surgery is over, you will be taken to the recovery room. This is referred to as the PACU (Post-anesthesia care unit). There, you will be observed closely as the anesthesia wears off.



During recovery, your family will be asked to wait in the Same-day Surgery waiting area until you return to your room in Same-day Surgery or to an overnight room upstairs.

Pain Management

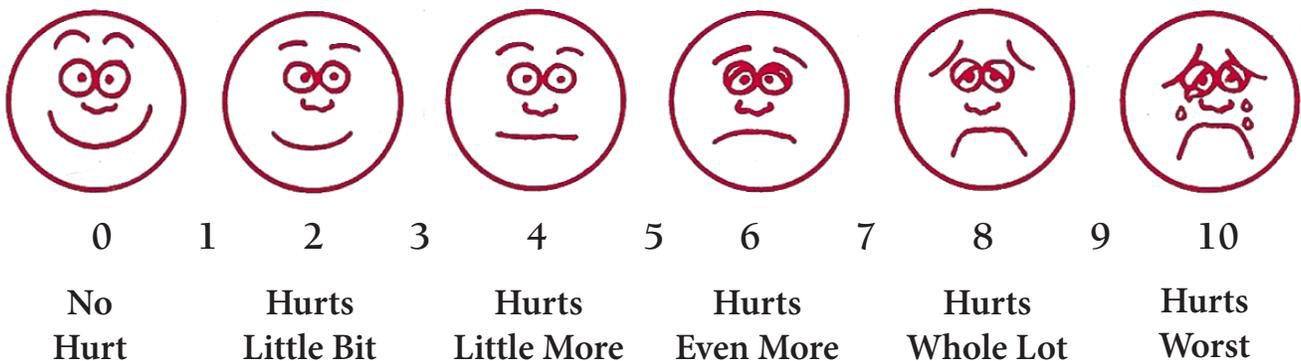
At some point, everyone experiences pain. You may have pain now, or you may experience pain in the future as a result of injury, surgery or a medical problem. Pain management is a major priority for your doctor, your healthcare team, and you.

You are a partner in managing your pain. Honesty is an important component to manage your postsurgical pain appropriately (*its important to disclose all types of pain relievers, alcohol consumption, legal and illegal substances and herbs*). The following information will help you prepare to communicate effectively with your care providers.

Pain Assessment

While you are in the hospital, you will be asked to assess your pain level on a regular basis. Your physician and nurses will try to manage your pain based on your assessment.

The numerical pain rating scale is a helpful tool you can use to describe how much pain you are feeling and to measure how well treatments are relieving your pain.



Get acquainted with the pain rating scale. On a scale of 0 to 10, 0 means “no pain” and 10 means the “worst possible pain.” The middle of the scale describes “moderate pain.”

Keep Your Pain In Check

Tell your doctor or nurse about any pain your are having. They may not know you have pain unless you alert them. It's our goal to keep your pain at a level 4 or below. Request pain medication before pain gets out of control. *When taken properly pain medications do not cause addiction.*

Most pain medications are ordered “as needed” and not automatically delivered on a time schedule.

You will need to ask your nurse when you feel you need more medicine. Rate your pain. Do this before and after you take your pain medication. By doing this, you can assist your healthcare team to know whether or not your medication is working.



Things You Can Do to Manage Your Pain

In addition to medications there are other ways to relieve pain. When used along with medication, these techniques can dramatically reduce pain:

- If you have an abdominal or chest incision, splint the area with a pillow when you cough or breath deeply to decrease motion near your incision. Continue to splint you incision at home as well
- If the position you are in is uncomfortable, change positions. Use pillows as a support as needed
- Dim your lights, listen to soft music and tune to channel 65 on your TV (Timpanogos Regional Hospital's in-hospital relaxation channel)
- Sometimes massage is helpful when managing pain
- Heat or cold therapy may be an option that your physician may choose to help reduce swelling and control your pain. Specific instructions for the use of these therapies will be discussed with you by your surgical team

Medication Side Effects

You will most likely receive medications during your hospital stay. Tell your healthcare if you have had problems in the past with medications, including allergic reactions.

Minor Side Effects

Common side effects include:

- Constipation
- Dizziness
- Drowsiness
- Nausea
- Vomiting
- Headache
- Stomach upset
- Gas or heartburn
- Dry eyes/dry mouth
- Mild confusion
- Itching without rash
- Anxiety
- Joint/muscle discomfort

Although these side effects can be bothersome, many people experience them. Make sure your healthcare provider is aware of the side effect. Often something can be done to help with the side effect.

Serious Side Effects

There are several common side effects to medication, but there can also be some serious side effects. If you experience any of the serious side effects, make sure your doctor or nurse is notified immediately.

- Severe allergic reaction (skin, rash, itching, hives, swelling of face, lips, or tongue, difficulty breathing) or extreme sleepiness
- Inability to urinate
- Increased heart rate
- Hallucinations
- Confusion
- Severe diarrhea
- Hearing changes
- Severe bleeding

Other severe reactions should be reported immediately.

Surgical Site Infection Prevention

What is a surgical site infection?

A surgical site infection is an infection that occurs after surgery in the part of the body where the surgery took place. Most patients **do not** develop an infection. However, nationally infections develop in 1 to 3 of every 100 patients who have surgery.

Common signs and symptoms of a surgical site infection are:

- Unusual or prolonged redness and pain around the area where you had surgery
- Drainage of cloudy fluid from your surgical wound
- Fever, over 101° F (38.3° C)

Can surgical site infections be treated?

Yes. Most surgical site infections can be treated with antibiotics.

What can you do to prevent a surgical site infection?

- Tell your doctor about other medical problems you may have. Health problems such as allergies, diabetes, and obesity could affect your surgery and your treatment
- Quit smoking. Patients who smoke get more infections. Talk to your doctor 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
- Family and friends, as well as healthcare providers should clean their hands with soap and water or an alcohol-based hand rub before and after visiting you. If you do not see them clean their hands, **Speak Up and ask them to do so**
- Before you go home, your doctor or nurse should explain everything you need to know about taking care of your surgical site. Make sure you understand these directions before you leave the hospital
- Do not change your dressing or remove it unless instructed to do so. Keep the surgical site dry and notify your doctor if the dressing gets wet
- Before and after surgery, it is important to keep you and your environment as clean as possible. Use clean linens, wear clean clothing and use disinfectants to clean surfaces such as bathroom fixtures. Don't allow pets in your bed while you are recovering from surgery
- If you have any symptoms of an infection, such as redness and pain at the surgical site, drainage, or fever, call your doctor immediately

Things You Should Know

Before you leave the hospital, make sure you are comfortable with your treatment plan. Talk to your doctor and nurses about your concerns and needs. Keep asking questions until you have satisfactory answers. Be sure you know how to take your medication including how often and any other specific instructions.

Review your incision care, including the shower/bathing routine once you're home.

Be sure you understand what your doctor would like you to do in regards to:

- Physical activity
- Pain management
- Resuming sexual relations
- Returning to work
- Follow-up care
- Driving

When to Call

Call your Surgeon's office if you notice any of the following:

- You have a fever over 101 F (38.3 C)
- Your incision opens or bleeds a lot. Lightly press a clean cloth to the incision to control the bleeding
- You still have uncontrolled pain an hour after taking pain medication(s)
- You have side effects from your medication such as nausea, a rash, or itching
- Increased redness or swelling, if the area feels hot

You should expect some pain after surgery, however if you have uncontrolled pain, contact your surgeon or come into the Emergency Room if after hours.

For Visitors and Guests

We encourage family and friends to visit as much as you like and do not restrict the hours. For security reasons doors are locked at night. Press the intercom button to request entry.

When you have visitors, sensitivity and courtesy to other patients is greatly appreciated. If you would like someone to stay over night with you, reclining chairs and cots are available. Nurses and doctors do reserve the right to limit or restrict visitors if they are interfering with care.

Waiting Areas

While you are in the hospital, your visitors will have access to the Same-day Surgery waiting area and cafeteria. Light snacks are provided for your visitors in the Same-day Surgery waiting area.

Cafeteria Hours

Visitors are welcome to dine in the hospital cafeteria which is located on the main floor close to the gift shop (see map on page 20). Cafeteria hours are as follows:

Breakfast: 7:30 am -10 am

Lunch: 11:00 am - 2:00 pm

Dinner: 4:00 pm - 7 pm

**Vending machines are located near patient care areas*

Gift Shop

The gift shop is located on the main floor of the hospital.

Hours are:

Monday - Thursday: 9:00 am - 8:00 pm

Friday : 9:00 am - 5:00 pm

Saturday: 9:00 am - 1:00 pm

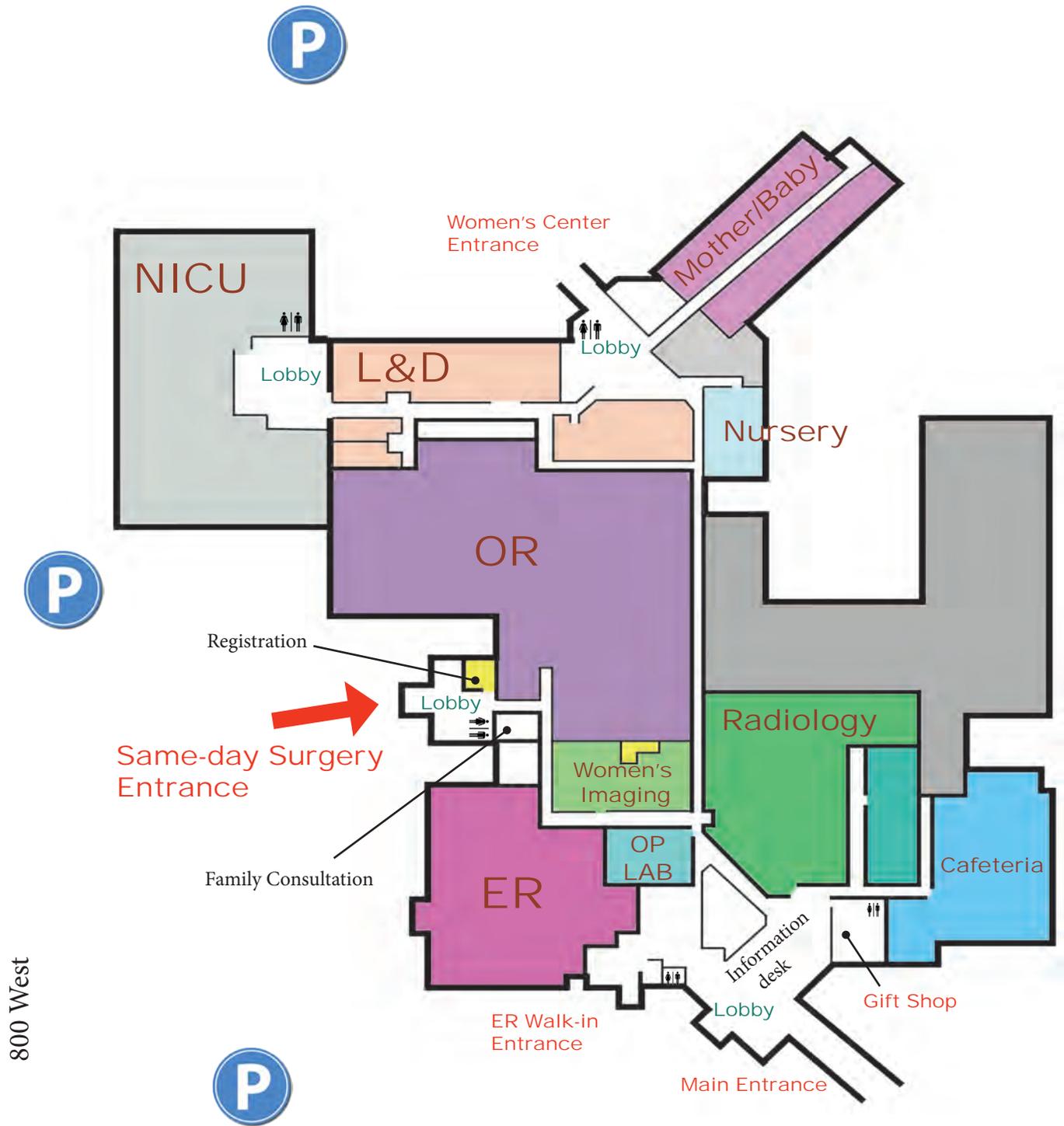
**Closed Sundays and Holidays*

Tobacco-free Policy

To safeguard the health of patients, families, and staff, Timpanogos Regional Hospital is a tobacco-free facility. We ask that you refrain from using all tobacco inside the hospital or on its grounds.

Interpreters

We offer interpretation services for language and hearing impaired. Please let our staff know if you need assistance or call the House Supervisor at hospital extension 6446. If you are outside the hospital you may dial (801) 714-6446.



800 West

800 North



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