

***PRE-SURGICAL
PATIENT
INFORMATION***



**MAURY REGIONAL
MEDICAL CENTER**

mauryregional.com



PRE-OP INSTRUCTIONS

Name: _____

Date of Surgery: _____

Nothing to eat or drink after midnight the night prior to surgery _____

• Medication to be taken the morning of your surgery as directed by the anesthesia nurse or your physician _____

- Wear comfortable clothing. Do not wear jewelry, nail polish, make-up or hairpins. You will be asked to remove your dentures, partial plates, contact lens or any other prosthesis prior to surgery.
- **PATIENT IDENTIFICATION:** To help ensure correct patient identification, your arm band will be checked and you will be asked to verify your name, birth date and the procedure you and your physician discussed several times before surgery.
- **MARKING SURGICAL SITE:** Correct surgical site is very important. Before your surgery, you and your physician will mark the surgical site if applicable.
- You may go to the recovery room after surgery. Frequent vital signs – blood pressure and pulse may be taken.
- Pain and nausea medication may be given to you after surgery if you need it.
- You should be walking, tolerating fluids and emptying your bladder prior to discharge.

- Please arrange for transportation after surgery since you will not be allowed to drive yourself home.

• Special Instructions: _____

Directions to Same Day Surgery:

- Enter through the main medical center entrance
- Take the main lobby elevators and go to the second floor – Same Day Surgery
- Exit the elevator on second floor and turn left
- STOP at the Same Day Surgery nurse station

If you have any questions or need assistance, please go to the Admitting Department or call 931.380.4035.

WHAT TO EXPECT AFTER SURGERY

After Surgery

- After surgery, you may be brought to the Recovery Room (or Post Anesthesia Care Unit). The surgeon may call or visit your family or friends to let them know how you are doing. Family members will be instructed where to wait.
- 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, so ask your nurse for pain medication if you need it. You may be asked to deep breathe and cough to help clear your lungs. Your nurse may ask you to move around in the bed.

After Recovery Room

- If you are an outpatient, you will return to a Same Day Surgery room to prepare for discharge. Make sure that you have a family member or friend to drive you home after surgery.
- If you are an inpatient, you will be taken to a patient room.

Your Recovery

- **WALKING**
 - Your physician will order when you can be up out of bed.
 - Be sure to have assistance getting out of bed for the first time and when you begin walking.
- **BREATHING AND COUGHING**
 - You will be encouraged to cough and deep breathe.
 - This may be difficult at first. If you have an incision, holding a pillow over it when you cough can help.
 - Deep breathing clears the lungs and helps prevent pneumonia.

- **EATING**

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

If you have any questions, phone your physician or ask your nurse the morning of surgery.

FREQUENTLY ASKED QUESTIONS ABOUT 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. However, infections develop in about 1 to 3 out of every 100 patients who have surgery.

Some of the common symptoms of a surgical site infection are:

- Redness and pain around the area where you had surgery
- Drainage of cloudy fluid from your surgical wound
- Fever

Can SSIs be treated?

Yes. 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 SSIs also need another surgery to treat the infection.

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FREQUENTLY ASKED QUESTIONS ABOUT SURGICAL SITE INFECTION

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What are some of the things that hospitals are doing to prevent SSIs?

To prevent SSIs, physicians, nurses, and other health care providers:

- Clean their hands and arms up to their elbows with an antiseptic agent just before the surgery.
- Clean their hands with soap and water or an alcohol-based hand rub before and after caring for each patient.
- May remove some of your hair immediately before your surgery using electric clippers if the hair is in the same area where the procedure will occur. They should not shave you with a razor.
- Wear special hair covers, masks, gowns, and gloves during surgery to keep the surgery area clean.
- You may receive antibiotics in your IV before and/or after surgery to help prevent a surgical site infection.
- Clean the skin at the site of your surgery with a special soap that kills germs.

What can I do to help prevent SSIs?

Before your surgery:

- To help decrease your risk for getting an infection post-op, we would like for you to bathe the morning of surgery.
- Tell your physician 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 physician about how you can quit before your 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.

At the time of your surgery:

- Speak up if someone tries to shave you with a razor before surgery. Ask why you need to be shaved and talk with your surgeon if you have any concerns.
- Ask if you will get antibiotics before surgery.

After your surgery:

- Make sure that your health care providers clean their hands before examining you, either with soap and water or an alcohol-based hand rub. If you do not see your health care providers clean their hands, please ask them to do so.
- Family and friends who visit you should not touch the surgical wound or dressings.
- Family and friends 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, ask them to clean their hands.

What do I need to do when I go home?

- Before you go home, your physician or nurse should explain everything you need to know about taking care of your wound. Make sure you understand how to care for your wound before you leave the medical center.
- Always clean your hands before and after caring for your wound.
- Before you go home, make sure you know who to contact if you have questions or problems after you get home.
- If you have any symptoms of an infection, such as redness and pain at the surgery site, drainage, or fever, call your physician immediately.

If you have additional questions, please ask your physician.

PATIENT AND FAMILY GUIDE TO PAIN MANAGEMENT

Maury Regional Medical Center 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. When the pain is controlled, the patient becomes a partner in care and comfort.

Pain is the discomfort that alerts you to the fact that something is wrong with your body. Pain results from any condition that stimulates sensors in your body that detect pain.

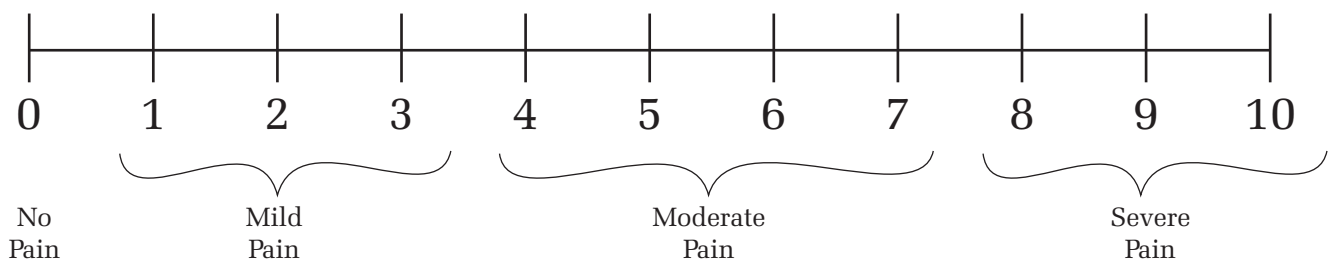
Examples of conditions that can cause pain include:

- Trauma to skin, tendons, bone, muscles, and nerves
- Infections
- Bleeding
- Tumors

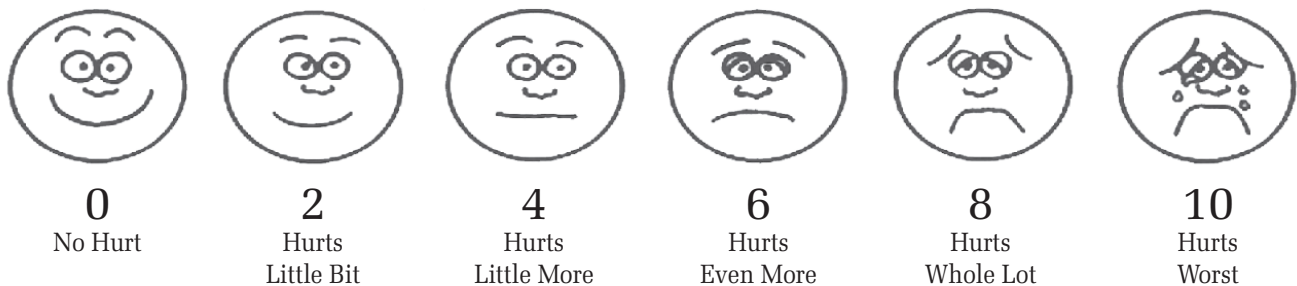
Unrelieved pain may cause suffering which can lead to other health problems and delay in recovery.

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.

0-10 Likert Pain Intensity Scale



Wong-Baker FACES Pain Rating Scale



From Wong, D.L., Hockenberry-Eaton, M., Wilson, D., Winkelstein, M.L., Ahamann, E., DiVito-Thomas, P.A., Whaley and Wong's Nursing Care of Infants and Children, ed. 6, St. Louis, 1999, p. 2040. Copyrighted by Mosby, Inc. Reprinted by permission.

FALL SAFETY

Falls happen because of a combination of factors. If we know what these factors are, we may do something to change them. The good news is that we do know the main causes of falling.

Some causes:

- Unsafe footwear or problems with feet
- Medication side effects
- Problems with balance and walking
- Lack of physical activity
- Changes in eyesight and hearing
- Urinary and bladder dysfunction
- Hazards around the home or in public places

You can reduce your risk of a fall by doing the following:

- Use your call light to call for assistance from the nurse if you feel weak. Do not try to go to the bathroom by yourself.
- 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 when out of bed. The hospital provides non-slip 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 such as an IV pole or an over-the-bed table.
- Keep personal items (phone, TV remote, toiletries, 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.

How the Staff will Help Prevent Falls:

- Visual reminders to staff will be placed outside your door (Fall Risk sign, use of amber light, etc.)
- The bed will be kept locked and in low position with at least the head of the bedside rails up.
- The room will be kept well lighted and free of clutter.
- Patient/family will be informed regarding fall risks and methods of prevention.
- Family may be requested to stay with patients deemed to be at high risk for a fall.
- A mobility monitor may be used as a gentle reminder to call for help before getting up.
- As specific factors are identified, other members of the health care team may be consulted to reduce your risk for falls.

If for any reason you have questions or concerns, please ask your patient caregiver.

TOBACCO USE AND SMOKING CESSATION

As a health care provider, Maury Regional Medical Center has a responsibility to encourage and promote healthy lifestyles. For this reason, the center has been tobacco-free since May 1, 2008. We ask that all patients and visitors refrain from using tobacco on our premises, including buildings and the campus grounds.

Patients will be provided education regarding options for smoking cessation. Your attending physician should be able to assist you with smoking cessation by substituting approved prescription products. You may also inquire about smoking cessation assistance with a member of the nursing staff.

Smoking Facts

- Smoking kills more than 400,000 Americans each year—more than alcohol, crack, cocaine, heroine, homicide, suicide, car accidents, fires and AIDS combined!
- Tobacco accounts for about one-third of all cancer deaths in the United States.
- If you smoke 1-2 packs a day and have for 20 years, you are eight times more likely to die of lung cancer than a person that has never smoked.
- Smoking is the major risk factor of our number one killer, heart disease. About one-fifth of deaths from heart disease are from smoking.
- Smoking also harms thousands of non-smokers by way of secondhand smoke. Children exposed to smoke have more ear and respiratory infections than children that are not exposed to cigarette smoke.
- Damage to lungs from cigarette smoke can lead to breathing problems, chronic bronchitis, emphysema, and infections.
- Cigarette smoke contains tar, which is made up of over 4,000 chemicals, including 43 that are known to cause cancer. Some of these chemicals also cause lung and heart disease.

Basic Quit Smoking Strategies

- List reasons to quit and read them daily. Add to the list as needed. Avoid situations that you relate to smoking.
- Stay positive. When you wake up, promise yourself that you won't smoke a cigarette that day.
- Do deep breathing exercises when you get the urge to smoke.
- Remember that the urge to smoke will pass. The first 2-5 minutes will be the toughest.
- Work out. Exercise helps relieve tension and reduces the urge to smoke.
- Picture success. Plan ahead and think of how you will deal with stressful situations without lighting up.
- Nibble on low-calorie items like carrot sticks, apples, celery and chewing gum.
- If you do smoke after quitting, this does not mean that you are a smoker again. Do something to get back on track.

Maury Regional Medical Center also offers smoking cessation classes. Call 931.381.1111, extension 2334, for more information.

*Thank you for choosing
Maury Regional Medical Center
as provider for your health care needs.*



**MAURY REGIONAL
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