



PREPARING FOR SURGERY

Patient Education at Gulf Coast Regional Medical Center



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 Panama City, FL 32405
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Services will be provided in a nondiscriminatory manner without regards to age, race, gender, national origin or disability.





THANK YOU

for selecting Gulf Coast Regional Medical Center 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.



NOTES

Lined area for taking notes.

CONTENTS

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 TO SURGERY

Outpatient Surgery Center, Cardiac Cath Lab and GI patients will enter the hospital through the Outpatient Surgery entrance located next to the Emergency Room. Check in at registration area as you enter the sliding doors. All other surgery or procedure patients will enter the hospital through the main entrance and check in at the registration area to the right of the front door.

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. Please follow specific instructions given to you by your surgeon.

PRE-REGISTRATION

Gulf Coast Regional Medical Center patients can now pre-register online through secure forms from anywhere. Pre-registration can help 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 www.gcmc-pc.com to register online or go to www.gcmc-pc.com/myhealthone for more information.

What You'll Need to Pre-Register

- Your personal contact information
- Emergency contact information

FALL SAFETY

Falls 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.

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 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 or setting up payment arrangements.

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PREVENTION OF SURGICAL SITE INFECTION

Can SSI's 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 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:

- Clean their hands and arms up to their elbows with an antiseptic agent just before surgery.
- All healthcare providers should wash their hands or use an alcohol based rub before and after contact with you.
- 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 should not be shaved with a razor.
- Special antibiotics may be given before and after for a limited duration.
- Surgical team wears mask, cap, gown, and gloves during surgery.
- 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.

SCHEDULE AN APPOINTMENT

- 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
- The name of the surgeon who will be performing your upcoming procedure

SCHEDULE AN APPOINTMENT WITH PRE-ADMISSION TESTING (PAT)

If your surgery requires anesthesia or sedation, you may need to have routine pre-admission testing (PAT). Your PAT appointment will be made by your physician's office at the time your surgery or procedure is being scheduled. This appointment may be in person or by phone. Please provide an active phone number to your physician's office. You can expect to be present at this appointment for 2 hours. The goal of this appointment is to ensure your safety, reduce delays and cancellations on the day of surgery.

During your PAT appointment, nurses will:

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

PRE-OPERATIVE INSTRUCTIONS

- 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 by 5 pm the evening before your surgery please call the PAT department at 850-747-7983. Please have a list of your medications with the milligram dosage and any over the counter medications such as herbals or supplements.

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 preoperative instructions are very important.

1. DO NOT eat or drink anything after midnight 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 and take them to 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.
 - Diabetes medications should NOT be taken on the day of the procedure
 - Follow any instructions you have been given regarding discontinuation of aspirin, anti-inflammatory medicines, herbal medicines, or other blood thinning medications, such as Coumadin, Xeralto or Plavix.

PREVENTION OF SURGICAL SITE INFECTION

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 recovery area, you will be assessed until you meet all criteria for discharge to go home. Upon discharge, you and your family will receive written instructions for your care at home. You will receive a follow up phone call with in 72 hours to review your discharge instructions and answer any questions you may have.

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.

PREVENTION OF SURGICAL SITE INFECTION

Healthcare-associated infections may occur as a result from care received in hospitals and other healthcare facilities. At Gulf Coast Regional Medical Center, 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.

PAIN MANAGEMENT

Gulf Coast 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 their care and comfort. Pain is a 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. 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. We will ask you to rate your pain using two types of pain scales. One is a score of 0 - 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 a recovery area. The surgeon may call or visit your family to let them know how you are doing. Your family can expect a call from the recovery RN approximately one hour after your physician has spoken to them. 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 after surgery hospitalization, you will be assigned a room and transferred when your condition allows. Most patients require two to six hours in the recovery area. If you are having outpatient surgery, you will be returned to the Phase 2 area located in the Preop/Holding area.

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. 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. 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. 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.
10. **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.**
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. Gulf Coast Regional 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 with your physician if you would like a nicotine substitute product.**
13. If you use a CPAP at home, please bring the unit 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 preoperative workup 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 anesthesiology department, will answer any questions you may have about your surgery. Your surgeon may also visit with you. 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 preoperatively 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 the patient's own desire, so 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.**

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 laterality, 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 Outpatient Surgery Waiting Room. If you will be staying in the hospital after surgery your family will be waiting in the Inpatient Surgery waiting room located on the first floor near the main lobby entrance. The waiting rooms are Wi-Fi accessible.

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

WAITING ROOM TRACKER LOCATION DEFINITIONS

In Preop: The time the patient is placed in a preop-op room. Anticipated stay in this area is approximately two hours.

In Holding: The time the patient is placed in a preop-op room. Anticipated stay in this area is approximately two hours.

In Operating Room: The time the patient goes in to the Operating Room or procedure room; time for surgery or procedure varies based on the type of procedure

In Recovery Room: Where the patient will be immediately after surgery for 1-6 hours depending on procedure performed and how the patient feels after anesthesia or sedation.

Out of Recovery - In Room: The time the patient leaves the Recovery Room and was taken to the Phase 2 area or Inpatient Nursing Unit

In Post Recovery: The time the patient is taken back to the Phase 2 area located in the Outpatient Surgery preop area.