

Preparing for Your Surgery

at Salem Community Hospital



A Guide for Patients & Families

Thank you for choosing Salem Community Hospital (SCH) for your surgical care. We realize that having surgery can be stressful for patients and their families. This booklet was created to inform you and your loved ones on what to expect before, during and after your surgical procedure. By providing this information, we hope to alleviate some of the uncertainty and make your experience as pleasant as possible. Please read this booklet and share it with those who will be involved in your care and recovery.

According to our records, you are scheduled to have surgery with

Dr. _____ on _____, _____, 200__.

Since you will receive medications that will make you drowsy, please find a responsible adult to transport you to and from the Hospital for your procedure. You will not be permitted to drive or operate any machinery for 24 hours following your procedure.

A nurse from Salem Community Hospital will call you the day before your scheduled surgery with an arrival time. If your surgery is scheduled for a Monday, we will contact you the Friday before. Once you are informed of your arrival time, please fill it in below, and retain this booklet for future reference.

Your scheduled arrival time is _____.

We encourage you to ask questions so that you are well informed for your upcoming procedure.

If you have any questions or concerns before your surgery, please call
(330) 332-7188, Monday through Friday
9:00 a.m. – 5:00 p.m.

Testing Before Surgery

Before your surgery, a nurse from Salem Community Hospital will call you to gather medical information to prepare for your procedure.

Medications

Please have a list of your current medications, including prescriptions, over-the-counter drugs, herbal remedies, dietary supplements, vitamins and minerals. Include the dose and how often you take each medication.

Testing

You may need to have laboratory testing, x-rays or an EKG (electrocardiogram) completed to assess your physical condition before surgery. A nurse from the Surgery Testing Department will contact you.

Lab work, x-rays and EKGs can be completed at Salem Community Hospital's Main Campus. If you prefer, routine lab work and x-rays can be completed at the Columbiana Medical Center, located at 750 East Park Avenue, Columbiana.

If your surgery requires an appointment with one of our Anesthesiologists, a nurse from the Surgery Testing Department will call you to schedule the appointment. You will also need to notify your family doctor of your upcoming surgery.

Enter Through the Main Lobby for Pre-Surgical Testing

When you arrive at the Hospital for your pre-surgical testing, park in the lot on the East side of the building. If you have difficulty walking, you may be dropped off at the weather-protected Main Entrance. Stop at the Main Lobby Desk, where the Lobby Receptionist or a Hospital Volunteer will direct you to the **Outpatient Registration Department**. **Please remember to bring your insurance card for this appointment.**

The Day Before Surgery

- Please notify your surgeon if there is any change in your condition prior to your scheduled surgery, such as a fever, cough, cold, flu-like symptoms, recent injuries, abrasions or open wounds.
- Expect a call from a nurse who will notify you of your arrival time for the procedure.
- The nurse will tell you which of your daily medications you should take the morning of your surgery. **Take only the medications you are instructed to, with a sip of water.**
- If you have not already done so, arrange to have someone drive you to and from the Hospital. You will not be permitted to drive or operate any machinery for 24 hours following your procedure.

The Day of Surgery

Please arrive on time for your surgery. It is important for you, your surgeon and the other patients scheduled for surgery.

The following instructions are very important for your safety. Failure to follow these instructions may result in postponement of your procedure.

- **Do NOT** have anything to **EAT** or **DRINK** after midnight before surgery. *This includes gum, mints, hard candies, water and coffee.*
- If you are instructed to take any medications the morning of surgery, take them with a sip of water.
- You may brush your teeth, but do not swallow any water, mouthwash or other liquids.

Other Patient Responsibilities

- Please bathe or shower the day of surgery to help prevent infection.
- Leave all valuables at home. Do not wear any jewelry to the Hospital. All jewelry will be removed before you are taken to the Operating Room. Body piercings, of any kind, must be removed. We are not responsible for lost items.
- Wear casual, comfortable clothing the day of surgery.
- If your child is a patient, he or she may bring a blanket or favorite small toy the day of surgery.
- Please bring an extra pair of clean underwear with you on the day of surgery.
- Do not wear any make-up or fingernail polish.
- Acrylic nails should be removed prior to surgery.
- Do not wear any hairspray or hair gel.
- If you wear contact lenses, please bring a case. You will need to remove them before surgery.
- Refrain from using tobacco products the day of surgery.
- Please have a current list of all medications which includes prescriptions, over-the-counter drugs, herbal remedies, dietary supplements, vitamins and minerals. Include the dose and how often you take each medication.
- If you have a pacemaker or defibrillator, please bring your identification card.

Surgery Check-In

- Please enter the Hospital at the Surgery Center Entrance, which is located East of the Main Hospital Entrance.
- Follow the signs to the ***Surgery Check-In Department***, which is located East of the Main Hospital Entrance.
- A nurse will take you and your family to your room. You will be asked to change into a gown and remove your dentures, glasses and undergarments. You will also need to empty your bladder prior to surgery.
- All female patients of child bearing age will be asked to provide a urine specimen the day of surgery.
- A member of our nursing team will obtain your vital signs and complete any other testing that your doctor has ordered.
- A nurse will start your IV.

For Your Safety

- A nurse will provide surgical consent forms for you to sign.
- You will be asked to verify your name, birth date, procedure and surgeon's name. This is a normal routine that helps to ensure your safety. Please do not be alarmed if you are asked to provide this information more than once.
- A name bracelet will be placed on your wrist.
- If you have any allergies, an allergy band will also be placed on your wrist.
- You may be asked additional questions so that we can update your medical and surgical history.
- Your anesthesiologist and surgeon will talk with you before surgery.

Family and Friends

We realize that your loved ones are an important source of comfort and support as you undergo surgery. Family members are welcome to accompany you to the Hospital on the day of your surgery. However, for the comfort and privacy of our patients, we ask that when you are in your room preparing for surgery, no more than two family members remain with you.

While you are in surgery and the *PACU* (Post Anesthesia Care Unit) your friends and family are welcome to relax in the Surgical Waiting Room. Your family should notify the waiting room's receptionist for whom they are waiting.

If your family leaves the Surgical Waiting Room for any reason, they should keep the receptionist informed of their whereabouts. They may also request a beeper to take with them, so they can be notified when to return to the area.

During Surgery

Once you arrive in the *Operating Room*, the temperature will be cool, the lights will be bright and you may hear unfamiliar sounds. To ensure your safety throughout the procedure, we will monitor your vital signs and apply oxygen. Warm blankets will be provided for your comfort.

Relax and take a deep breath. Rest assured that our staff of dedicated, highly-qualified professionals is committed to providing you with the best care possible. Please let us know if there is anything else we can do to help you feel at ease.

After Your Outpatient Surgery

- Immediately following your surgery, you will be taken to either the ***PACU*** (Post Anesthesia Care Unit) or the ***Recovery Room***. We will continue to monitor your vital signs to ensure your safety. The ***PACU*** is where most patients recover immediately after surgery. This area is staffed by specially-trained nurses who monitor patients during their recoveries. The ***Recovery Room*** is where all outpatient surgery patients recover before they are discharged home.
- A nurse will ask you to rate your level of pain on a scale of 0 to 10, with 0= no pain and 10= the most pain you have ever experienced. You will be given pain medication to keep you as comfortable as possible.
- You may wake up feeling thirsty. This may be the result of the medication you received during your surgery, or simply because you had nothing to eat or drink before your operation. If your doctor permits, you may have ice chips or liquids.
- Your surgeon will speak with your family following your procedure.
- Visitors will not be allowed in the PACU (Post Anesthesia Care Unit) immediately following your surgery. However, your nurse will keep them informed of your status.
- Once you are settled into the Recovery Room, your family will be notified. They will be welcome to stay with you until you are ready to go home.
- If you are admitted to the Hospital, your family is welcome to visit once the nurse has helped you settle into your room and completed the admission process.

During Your Recovery:

- To help avoid complications after your procedure, such as blood clots and pneumonia, we will assist you in sitting up, walking and moving. **Do not attempt to get out of bed without a member of our healthcare team. You may be unsteady on your feet and experience a light-headed feeling.**
- Your nurse will assist you in completing simple exercises to help you recover. These activities include moving your legs, feet and toes a few times every hour. As soon as you are able, your nurse will help you sit up and dangle your legs over the side of the bed. You will also be encouraged to walk with assistance to promote circulation.
- The nurse will ask you to take deep breaths and cough. This is important to help prevent the development of pneumonia.
- Your surgeon may order an incentive spirometer. This device is used to expand your lungs after surgery. A respiratory therapist will demonstrate this process.
- Your intake and output of fluids will be measured and recorded during your stay at the Hospital.

Discharge From Hospital:

Your condition will determine when you will be discharged from the Hospital. When you are ready, a nurse will review your instructions with you and your family and remove your IV. We will help you change into your own clothes and gather any personal belongings and paperwork.

- Even though you may feel fine, it is our policy to transport all patients to their vehicles by wheelchair. Your family will be asked to bring the automobile to the Surgery Center Entrance of the Hospital.
- We also recommend having a responsible adult stay with you for at least 24 hours after surgery.

Additional Questions

If you are admitted to the Hospital, a “Patient Information Guide” is provided in your bedside table. This booklet explains how to operate the television and telephone, and how to order your meals using our Room Service system. For the convenience of family and friends, visiting hours are listed in the back of the guide. If you have any other questions, a staff member will be happy to assist you.

Glossary of Terms

<i>Term</i>	<i>Definition</i>
Surgery Check-In	This is the name of the department where you arrive the day of surgery. It is located East of the Main Hospital Entrance.
PACU	The <u>P</u> ost <u>A</u> nesthesia <u>C</u> are <u>U</u> nit is where most patients recover immediately after surgery. In this area, specially-trained nurses monitor patients who are recovering from the effects of anesthesia.
Recovery Room	This is where all outpatient surgery patients recover before they are discharged home. Your family will be notified when you are in the Recovery Room and will be permitted to sit with you.
Surgical Waiting Room	Located near the Surgery department, this area is designated for family members to wait during surgery. Beverages are provided for their comfort. When your procedure is finished, your surgeon will speak with your family.
Operating Room	This is where your surgery will be performed.



Salem Community
HOSPITAL

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