

PACIFIC HOSPITAL OF LONG BEACH



OUTPATIENT SURGERY REFERENCE BOOKLET

PRE-OP INFORMATION AND
PERSONAL RECOVERY PLAN

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Patient Name/Phone Number

Physician Name/Phone Number

Emergency Contact/Phone Number

Outpatient Surgery at Pacific Hospital of Long Beach

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Welcome to Pacific Hospital of Long Beach. We hope your stay here will be a pleasant one. It is our mission to heal with compassion and to perform with distinction. We strive to provide the highest caliber of care and respect to all of our patients and their families.

We understand that having a procedure can be a stressful time for you and your loved ones. Therefore we would like to introduce you to our facility and review your upcoming hospital experience so you know what to expect. If you have any questions prior to your surgery

call us at: (562) 997-2112

PRE-SURGERY ITEMS

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We would like to assist you with your preparations for surgery and to answer any questions you may have regarding your stay at Pacific Hospital of Long Beach. Although your physician may have already provided the items listed below, the Admissions department may need to verify the information. Please bring the following items with you:

- Social Security number
- Medical insurance card & policy information
- Prior approval or preauthorization form from your insurance company
- Name, address and phone number of employer
- Nearest Relative
- Emergency Contact
- Date and time of your surgery
- Where and when your tests were done, e.g., lab, X-rays, EKG
- List of major surgeries and approximate year
- List of allergies. Latex allergy? Yes / No
- List of medications (how much and when taken)
- Primary care physician: name and phone number
- List of instructions from your doctor, e.g., preparations you need to complete, hibiclens shower, enema, etc.
- Doctors' orders (if you have them)
- Conservatorship information: name and phone number
- Medical Equipment
- Advanced Directive, Durable Power of Attorney for HealthCare (bring copy if have one)

DAY(S) BEFORE SURGERY

1. Arrange for someone to stay with you and assist you for the first week after you return home.
2. You will be called the day before your surgery and told when to come to the hospital on the day of surgery by the Pre-op Nurse.
3. If you have children, make arrangements for them to stay at home while you are in the hospital. Pacific Hospital of Long Beach does not have any daycare or babysitting facilities.
4. Arrange to have a responsible driver, other than yourself, to drive you home when you are discharged from the hospital.
5. Follow your doctor's instructions regarding food, drink and medication the day of surgery. The following guidelines are recommended for patients who have not been given specific instructions from their doctor. Eating or drinking can cause a *delay or cancellation* of your surgery.
 - Do not eat or drink after midnight the night before surgery
 - Do not eat or drink within 8 hours before the time of your surgery.
 - Do not drink alcoholic beverages within 24 hours prior to your surgery.
 - Do not use tobacco 24 hours before your surgery, although it is suggested you not use tobacco 30 days before surgery.
 - Take your blood pressure medication, heart medication, and seizure medication in the morning; on the day of your surgery with a small sip of water unless your doctor tells you otherwise. Also, use your inhaler and eye drops the morning of your surgery unless your doctor tells you otherwise.
6. Contact your doctor about taking your diabetic medication, and blood thinners such as Coumadin, Plavix and aspirin and for instructions regarding other medications and herbal medicines or supplements you take routinely.
7. Be sure to follow your doctor's instructions if you routinely take aspirin or other anti-inflammatory medications such as Advil, Aleve, Anacin, Buffer, Feldene, Motrin, or Naprosyn. Check with your doctor to see if he/she still wants you to take this medication.
8. Fill any prescriptions given to you by your doctor for use at home after surgery and leave them at home.
9. Complete an Advanced Directive.
10. Contact your surgeon if your condition changes or you become ill prior to your surgery.

WHAT TO BRING WITH YOU

1. Bring any brace or post operative equipment provided to you prior to surgery by your surgeon.
2. If you wear glasses, dentures, or hearing devices, please bring them with a storage case labeled with your name to ensure protection against loss or damage.

3. Shoes that you can slip on and off (slippers with tread are a good option)
4. A current list of medications, herbs, or vitamins that you are taking. Leave all your medications at home, except your eye drops, inhalers, or birth control pills.
5. Co-payment or deductible if applicable. This payment can be made by cash, check, or credit card.
6. Photo Identification.
7. Reading material.

WHAT NOT TO BRING WITH YOU

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1. Large sums of money and credit cards, (exception is any co-pay or deductible) any amount over \$20 will be kept in a safe.
 2. Jewelry. Any earrings or body jewelry will need to be removed prior to surgery.
 3. Food, as you doctor may be putting you on a specific diet related to your condition or procedure.
 4. Children, as it is best not to expose them to the hospital environment.
 5. Medication from Home.

CONSENT FORM

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Your surgeon will explain the details of your surgery, including its risks and benefits. You will be asked to sign a consent form. The consent form gives your surgeon permission to perform the surgery he or she discussed with you. It is important that you ask your surgeon questions so you will have a good understanding of the surgery.

DAY OF SURGERY

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Before your surgery, you can play an important role in your health. Because skin is not sterile, we need to be sure that your skin is free of certain organisms. You can reduce the number of your skin bacteria by carefully washing before surgery.

1. Shower or bathe with Dial liquid soap. Wash your hair. Rinse your hair and body thoroughly. Pat yourself dry with a clean, soft towel. Avoid body lotions or makeup on this day.
2. Clean under your fingernails. Preferably no artificial nails or fillings.
3. Do not shave the area of your body where your surgery will be performed.
4. Brush your teeth, but do not swallow any water within 8 hours of your surgery time.
5. Perform pre-operative preparations that your doctor has asked you to do, e.g. taking an enema, or douching.
6. Plan to arrive at Pacific Hospital of Long Beach 2 hours before your scheduled surgery time or follow your doctor's orders. Please make sure you arrive on time to the hospital. We will make every effort to keep you updated on your surgery time, however delays are sometimes unavoidable.

When you arrive at the hospital, go directly to the Admitting Department, which is located near the front entrance of the hospital. From the Admitting Department, you will be escorted to the Same Day Surgery Center. A nurse will help you complete the admission process. You will be asked to change into a hospital gown. During this time, an intravenous line will be started by the nurse, which is for administering medications. Sometimes body hair in the area involved with the surgery must be removed by clipping; this will be done by the staff before the surgery unless you are instructed otherwise. During this time, you may be asked the same questions repeatedly by different hospital personnel. Please be patient and understand that **this is done for your safety.**

Your operating room nurse will accompany you to the surgical suite and stay with you throughout your surgery. The operating room staff will wear face and head coverings to keep the area germ free. The room will be cool. You will wear a head covering.

An anesthesiologist is a physician who administers the medication that puts you to sleep during the surgery. This person will talk with you about the type of anesthesia you will receive and answer any questions you may have.

POST SURGERY

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After your procedure you will be transported to the Recovery Room. You will stay there and be supervised by a Nurse as you recover from the anesthesia medication. You will be hooked up to monitors and oxygen. The nurse will take your vital signs and instruct you on taking deep breaths. The nurse will ask you to rate your pain on a 0-10 scale. With this scale, 0 is no pain and 10 is the most. This will help the Nurse to determine how much medication you need. You will stay in the Recovery area for 1-2 hours. Your family or friends will be notified that you are in Recovery, but will not be allowed to visit you in this area.

You will need to be able to void freely and tolerate fluids by mouth with no vomiting or nausea. Just prior to your discharge your vital signs will be taken and you will be walked around the room to ensure you are stable enough to be discharged. You will be given instructions and any prescriptions that you may need including care of incisions. You will be notified when you will need to see your surgeon again.

Wounds must be kept clean and dry, and your dressing will need to be changed on a daily basis to prevent infection. When you are allowed to shower, you can tape a piece of plastic wrap over the wound to keep it dry. Do not apply any lotions, powders, or ointments on the incision unless you have been instructed to do so. You are now ready to be discharged and go home.

If you have any questions, please do not hesitate to contact
Nursing Staff, or Hospital Leadership.
We are here to help you.

PACIFIC HOSPITAL OF LONG BEACH

PERSONAL HOME RECOVERY PLAN

CARE AFTER DISCHARGE (CONTINUUM OF CARE)

I will always need to remember:

- Take my medicine
- Eat nutritious food
- Exercise per doctor's order
- Observe my surgical area
- Activities are as my doctor suggests or prescribes

| | DAILY | WEEKLY | MONTHLY | SOCIAL ENVIRONMENT |
|---|--|---|---|--|
| DIET | <ul style="list-style-type: none"> • Eat well balanced meals and drink lots of fluids | <ul style="list-style-type: none"> • Am I eating 3 meals a day? • Am I drinking fluids? | <ul style="list-style-type: none"> • Are my meals well balanced? • Is my weight stable? | <ul style="list-style-type: none"> • Avoid excess alcohol • Enjoy meal time and relax |
| ACTIVITY | <ul style="list-style-type: none"> • Pace activities • Avoid over-exertion • Increase activities gradually as recommended by your doctor | <ul style="list-style-type: none"> • Maintain rest periods, but keep active as recommended by your doctor | <ul style="list-style-type: none"> • Return to your normal activities as tolerated | <ul style="list-style-type: none"> • Avoid smoking areas. • Try to enjoy yourself |
| TREATMENTS | <ul style="list-style-type: none"> • Check your surgical areas daily. • Change your dressings and perform wound care as directed by your doctor | <ul style="list-style-type: none"> • Remember to exercise following your doctor's recommendations and log how you do | <ul style="list-style-type: none"> • Return to your normal activities as tolerated | <ul style="list-style-type: none"> • Wear comfortable clothing |
| MEDICATIONS | <ul style="list-style-type: none"> • Keep on schedule. • Take medications as prescribed | <ul style="list-style-type: none"> • Watch for medication reactions | <ul style="list-style-type: none"> • Review medications | |
| SIGNS & SYMPTOMS TO REPORT TO DOCTOR | <ul style="list-style-type: none"> • Check your surgical area for redness or drainage. • Watch for increasing level of pain. • Watch for increasing temperature. • Be aware of any discomfort in the calves of your legs | <ul style="list-style-type: none"> • Log any symptoms to report to the doctor | <ul style="list-style-type: none"> • Write down any questions for the doctor and keep a record | <ul style="list-style-type: none"> • Check with your doctor before driving or returning to work. • Take your doctor's phone number with you when traveling |

PLEASE PLACE THIS PERSONAL HOME RECOVERY PLAN/CONTINUUM OF CARE ON YOUR REFRIGERATOR TO REFER TO AFTER YOUR SURGERY.

DAY OF SURGERY CHECKLIST

When to Arrive

- 2 hours before your scheduled surgery time, or follow your doctor's instructions.

What to Wear

- Wear comfortable, loose-fitting clothing.
- Do not wear jewelry.
- Do not wear make-up or body lotions.
- Leave all valuables at home including money, credit cards, etc.

What to Bring

- A copy of your Advanced Directives, e.g., Durable Power of Attorney, Living Will, and/or Living Trust
- Photo ID
- Medical Insurance card
- List of allergies
- List of medications (include how much you take and the times you take them)
- Please leave all other medications at home (bring a list of medications)
- Eyeglasses, dentures, and/or hearing aids with their cases, contact lens cases (contact lenses must be removed prior to surgery)
- Test results and doctor's orders if you have them
- Your completed Anesthesia Questionnaire (if not completed prior visit)
- Prosthetics and other orthopedic devices as needed
- C-pap machine if used for sleep apnea
- Reading material
- Phone card or cell phone

PLEASE DETACH THIS SURGERY PREPARATION CHECK OFF LIST TO ASSIST WITH THE PREPARATION OF YOUR SURGERY.

If you have any questions, please do not hesitate to contact
Nursing Staff, or Hospital Leadership.
We are here to help you.