



# Your guide to surgery at Elmhurst Hospital

Please use this guide to help you know how to prepare for your surgery and what to expect on the day of surgery.

# Your Guide to Surgery – Important information

Your procedure is scheduled on \_\_\_\_\_ at Elmhurst Hospital.

## Pre-Admission Testing – (331) 221-0460

As soon as your physician has scheduled your surgery, a nurse from Pre-Admission Testing (PAT) will call for your pre-surgical screening. Please have a list of all your medications with you, including names and dosages.

### Other important numbers:

Elmhurst Hospital	Pre-Op and Recovery
(331) 221-1000	(331) 221-0460

## Preparing for your surgery

Prior to your surgery, please discuss any concerns about your surgery with your physician who can help you understand the risks and benefits involved with your procedure.

### Pre-Surgical Screening

**A Pre-Admission Testing Nurse will complete your pre-surgical screening over the phone.** Your primary care physician, your surgeon and/or your anesthesiologists may have ordered different pre-operative tests that need to be completed prior to your surgery. During this screening, the nurse will identify any tests you may need and provide you with other helpful information. These tests may be completed at Elmhurst Hospital or another site as determined by your insurance company.

A great deal of information will be required when preparing for your procedure. During your phone conversation with the pre-admission nurse, it's important to volunteer the most accurate and complete information possible, as it will assist your caregivers in providing the best possible care. The following information will be requested:

- > General health information
- > Your medical history, including all other surgeries
- > Allergies to medications
- > Recent illness, including fever, colds, or rash
- > Current dosages of prescription and over-the-counter medications
- > Any chronic medical problems, including diabetes, high blood pressure or sleep apnea
- > Durable Power of Attorney (if applicable)

### Confirming your arrival and surgery time

Your arrival time may be up to two hours prior to the time your surgery is scheduled to begin. Your arrival time and surgery time will be confirmed by a nurse. You will receive a call from Elmhurst Hospital the afternoon before your surgery (between 2:30 - 4pm) with your arrival time and special instructions. For procedures scheduled on Mondays, you will be contacted the Friday before.

**It is important for you to arrive promptly to allow adequate time for pre-surgical preparation.** This includes registration needed on the day of the procedure, review of your medical information, blood work, testing or administration of any medications that may be needed before surgery.

**Surgery times may change** in order to accommodate all patients scheduled, including emergencies. If your surgery time changes, the hospital will contact you and work with you to minimize any inconvenience. **Should your procedure time change, we will notify you by phone no later than 8 pm the night before your surgery.** If there are delays the day of surgery, you will be called if time allows.

A nurse will call you the afternoon prior to your surgery. The nurse will discuss important information with you such as arrival time, where to check-in, dietary instructions and what medication to take the morning before surgery.

**\*\*If you will not be available at your primary phone one or two days before your surgery, please call (331) 221-0460 and leave a message with the number where you can be reached.** We respect your privacy. If we are not able to reach you after several attempts, we will leave a detailed message at your preferred number with pre-operative instructions.

## Your procedure day



**On the day of your surgery, certain documentation will be needed** for registration and pre-operative care. Gather the following documents and information ahead of time and bring them with you to the hospital:

- > Current Photo ID
- > Insurance cards or form
- > Completed advance medical directive, if available

**Be sure to arrive at Elmhurst Hospital at the time indicated** by the nurse you spoke with the day before your procedure. Before arriving, there are certain things you should do to prepare.

- > Do not eat or drink (as instructed by the Elmhurst nurse or your surgeon). This includes gum, candy, mints and water.
- > Leave all valuables at home.
- > Bring a list of your current prescription and non-prescription medications, including dosage strength and times taken.
- > Absolutely no jewelry can be worn.
- > Remove all makeup.
- > Wear loose, comfortable clothing.
- > Make sure your ride home is available.

For children under age 18, a parent or guardian must be present to complete paperwork and accompany them on the day of surgery. Please do not leave the building during your child's procedure unless another parent is available.

**Upon arriving at Elmhurst Hospital, you are encouraged to park in the Green parking lot.** Enter through the Main Hospital Entrance. Take the elevator to the second floor. As you exit the elevator, turn left and check-in at the Surgical Reception Desk. You will be asked to verify insurance information and sign authorization for treatment. Once registration is complete, you will be directed to the Ambulatory Surgical Care Center.

# Your surgery

**When you arrive for surgery, the care team will conduct a pre-operative evaluation and prepare you for surgery.** You may find you are asked the same questions repeatedly regarding your name, birthdate, medical history, symptoms, and the procedure you are having. Each health professional needs this information for different purposes, such as planning your care, double-checking for allergies and ensuring your safety.

Your surgical team will include highly skilled, specially trained individuals. Your surgeon will lead team members including registered nurses, certified technologists, anesthesiologists, and possibly a surgical assistant during your procedure.

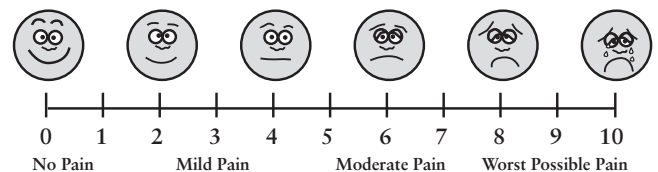
On the day of surgery, you will meet with your anesthesiologist to discuss which type of anesthesia is best suited for your individual needs.

# Post-operative care and recovery

After your surgery, you may be taken to the recovery room, also called PACU or Post-Anesthesia Care Unit. During recovery, you will be closely monitored as the anesthesia wears off. Your family may be with you after the first phase of recovery. You will then be assigned to a room or discharged to home from the Ambulatory Surgical Care Center.

## Pain Control

Pain control is a top priority for the care team at Elmhurst Hospital. It is important for you to communicate the pain level you are feeling and the area in which you are experiencing the pain. At Elmhurst, a pain scale of “0” to “10” is used. A “0” level of pain means you feel no pain. A level “10” pain means you feel the worst possible pain. By communicating your pain level in this way, your nurse will be better able to understand and help you with pain control. Images such as sad and happy faces are used for children to communicate their pain levels.



May be duplicated for use in clinical practice. As appears in McCaffery M, Pasero C: *Pain: Clinical manual*, p. 67, 1999. Mosby, Inc.

## Recovery

The care team will monitor you through recovery. Your surgeon will let you know when and how quickly you should become more active following your procedure. If you are being discharged to home following your surgery, an after visit summary will be provided to you that includes a list of care instructions. It is often helpful if a friend or family member listens to the care instructions with you. This will enable them to be better able to help you during your recovery. For your convenience, there is a Walgreens Pharmacy located in the Hospital. If you would like, you may fill your prescriptions before you leave. Please make sure you have a responsible driver to take you home after your procedure, and to take you to follow-up appointments, as you will be unable to drive for the first 24-hours after surgery, or longer if on pain medication.

## Follow-up care

Follow-up care, which is usually arranged with your surgeon’s office, is important to monitor your recovery. Questions to ask about follow-up care include:

- > When and where is my first follow-up visit?
- > Who should I call to make the appointment?
- > When will my stitches, staples, and/or cast be removed?

# Frequently asked questions



## **My child is having surgery. What should I know?**

Elmhurst Hospital is fully prepared to treat and care for your child. The healthcare team at Elmhurst understands the anxieties that you and your child may experience in the surgical environment. Your questions are welcomed.

All steps will be taken to provide your child a safe and comfortable experience. You will be able to stay with your child until he or she is taken to the operating room. You may rejoin your child in recovery.

Feel free to bring a favorite toy, blanket or electronic device to help comfort your child.

## **Will I be able to wear my dentures, glasses, jewelry, contact lenses or hearing aids?**

You will be asked to remove most of these items when you are preparing for surgery in the pre-operative area. You may wear your glasses, hearing aid(s) and/or dentures to the hospital. However, do not wear jewelry, contact lenses, piercings or use adhesive on dentures. If you wear a hearing aid(s), ask if you should remove it before your procedure, and please bring a container to store any of these items.

## **Should I bring someone with me the day of the procedure?**

Yes, please make arrangements to have someone drive you home after your doctor has released you from the hospital. You cannot drive yourself home, no matter how minor you consider your procedure and someone needs to stay with you overnight.

The support of family and friends is important to your emotional and physical needs before and after surgery. Family and friends may wait with you in the surgery preparation area. You should also leave personal belongings with them. While you are undergoing your procedure, they can wait in the surgical waiting area.

Following your release from the hospital, it's very helpful to have a friend or family member help with small tasks and daily living activities until you have recovered.

## **When may I return to work after my surgery?**

You and your surgeon should discuss when you may return to work. Each surgery and person are different. Your return to work may also be affected by the type of work you do.

## **Who do I call if I have questions about billing?**

Please call our Patient Accounts department at (331) 221-6600 for questions regarding billing. To speak to a financial counselor, call (331) 221-6740. For billing related to anesthesia, please call (800) 242-1131. If you have questions regarding your medical insurance including benefit coverage, please contact your insurance carrier directly.

# Surgical checklist

**What steps do you need to take to help you prepare for your surgery? See the checklist below.**

## **Several Days Before Surgery**

- During your screening phone call, the Pre-Admission Testing nurse will help coordinate any pre-operative testing that is needed.
- Talk to your physician's office about medications, special instructions or special preparations for your surgery. This may include questions related to over-the-counter medications.
- Consult your cardiologist or primary care physician if you take blood thinners.
- Stop smoking. If you are unable to quit, at least cut down on the amount you smoke before surgery.
- Ask about possible reactions between the medications you currently take and any post-operative medications you may need.
- Arrange for a friend or family member to pick you up from the hospital and assist you overnight, or as directed by the Elmhurst Hospital nurse.
- Call your doctor if you have a fever, cold or rash. Your surgery may need to be postponed.

## **One to Two Days Before Surgery**

- Do not drink alcoholic beverages at least two days prior to your surgery. Alcoholic beverages include beer, wine and/or liquor.
- Do not eat or drink after midnight the night before your surgery, unless instructed otherwise by the Edward nurse. This includes gum, mints, candy and water. If you are instructed to take medication the day of surgery, please do so with a small sip of water.

## **Day of Surgery**

- Bring your photo ID and insurance card with you to the hospital.
- Bring your list of medications, including vitamins and supplements.
- If you were given an ID bracelet, bring it with you.
- Wear loose comfortable clothing.
- Do not wear eye make-up, jewelry or adhesive on dentures.
- Leave all valuables at home.
- Plan to arrive at the stated time last given to you. Please allow enough time for parking and registration.
- Make sure you have a responsible driver to take you home.