

Surgical Services Handbook

Thank you for entrusting us with your care!

Our goal is to make your surgery experience as safe, convenient and pleasant as possible. Thank you for choosing to receive your surgical care at Grand Itasca.

If you do not already have a *Pre-Admission Phone Call* scheduled, please call the Pre-Admission Nurse one to two weeks before your procedure. **218.999.1770 or toll free 1.800.662.5770**

When you call, please have your allergy and medication list ready.

Arriving at the Hospital



Driving Directions

From Hwy 169:

- Take Hwy 169 to Golf Course Road
- Head West on Golf Course Road, 1.1 miles
- Turn right into Grand Itasca Clinic & Hospital

From Hwy 2:

- Take Hwy 2 to Hwy 169 (Pokegama Ave.)
- Head South on Pokegama Ave., 1 mile
- Head West on Golf Course Road, 1.1 miles
- Turn right into Grand Itasca Clinic & Hospital

Surgical Patient Parking & Registration

- Park near the front doors and enter the Clinic & Hospital Entrance
- Check in at the Day Surgery registration desk.

Getting Started

As you get ready for surgery, you may have many questions. This handbook will help you know what to expect before and after surgery. You and your family are the most important members of your healthcare team. You will need to take an active role in your care. Be sure to ask questions and learn all that you can about your surgery. If you have any safety concerns, please tell a nurse right away.

Transportation, *plan ahead!*

Please make plans for an adult friend or family member to drive you home after surgery. They must stay with you for 24 hours after your discharge, or as directed by your doctor.

You will not be allowed to drive yourself home. If you take a taxi or a bus, you will need another responsible adult to ride with you.

Your procedure will be canceled if you do not have a responsible adult to drive you home and stay with you for 24 hours.

We know that you would rather recover at home. If you will go home the same day, ask your driver to stay at the hospital, so you can go home as soon as you are well enough to leave.



Dr. Derek Beyer, OB/Gyn

Your Pre-Surgery History & Physical Exam is scheduled with:

Dr. _____ Date & Time: _____

*This appointment is very important and must take place within 30 days of your surgery. If you do not keep this appointment, **your surgery may be canceled.***

Pre-Surgery Phone Call Date & Time: _____

Please allow 10-15 minutes for this call and have your allergy and medication list ready.

Surgery You are Scheduled for: _____

Surgeon's Name: _____ **Phone #:** _____

Surgery Date: _____

Post-Operative Date: _____

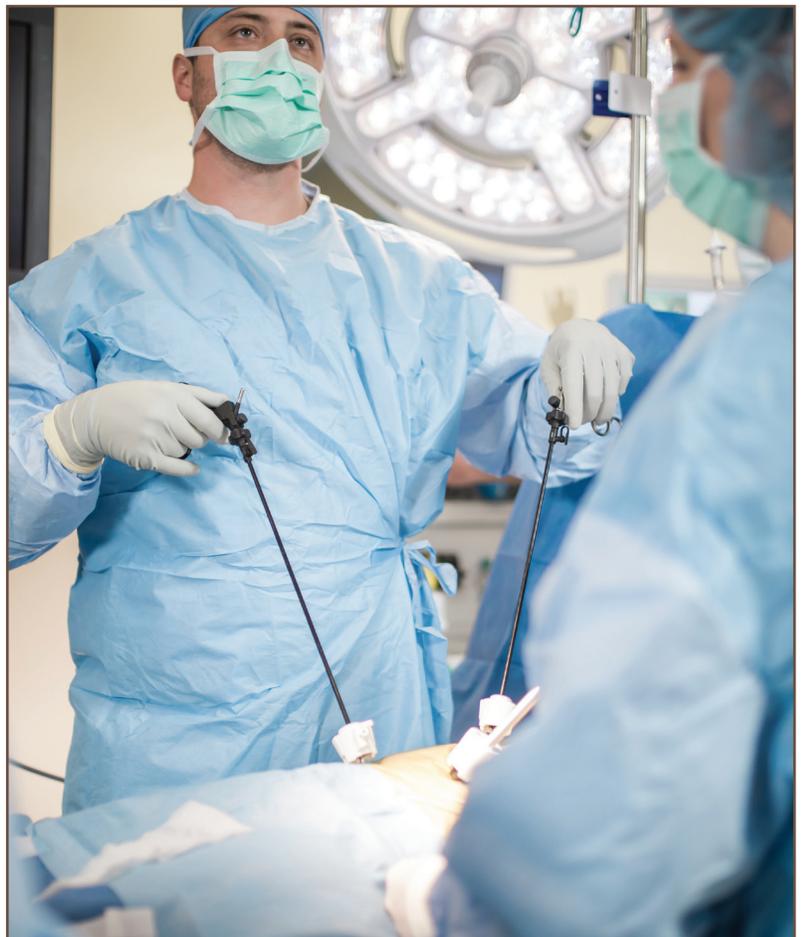
We will call you by 5:00pm the day before your surgery. If your surgery is on Monday, please expect a call on Friday. You may call **218.999.1900** and ask for the House Supervisor after 5:00pm if we were unable to reach you.

Prior to Surgery, Talk to Your Primary Care Doctor About:

- When you need to stop eating or drinking.
- Your regular medications and if and when you should stop taking them including:
 - Insulin dosage, if you are diabetic.
 - Blood thinners, such as Plavix, Coumadin, Xarelto, Pradaxa.
- Documents stating your advance directives and naming your health care proxy.
- Other questions you have.

Prior to Surgery, Talk to Your Surgeon About:

- Post-operative pain control.
- Your options regarding anesthesia or sedation.



Dr. JJ Germscheid, General Surgeon

Getting Ready for Surgery

If you do not already have a pre-surgery phone call scheduled, please call the pre-admission nurse one-to- two weeks before your surgery. When you call, please have your **allergy and medication list** ready. **218.999.1770 or 1.800.662.5770**

Always follow your surgeon's instructions. If you don't, your surgery could be canceled.

DO NOT take vitamins or herbal supplements for at least two weeks prior to your surgery.

DO NOT take medications containing Aspirin, Ibuprofen, or Naproxen for seven days prior to your surgery, or as directed by your surgeon. Check with your doctor if acetaminophen (Tylenol) is safe.

Follow your doctor's recommendations about your regular medication, including insulin and blood thinners, and when or if you should stop taking them.

DO NOT get any new piercings or tattoos.

Prepare for your arrival back home by having light meals ready and laundry done.

For several days before your surgery, **DO NOT** shave or wax at or near the surgery site. Shaving can irritate your skin and make it easier for an infection to start. If hair needs to be removed, the surgical team will remove it just before surgery takes place.

The Day Before Surgery

If you have any of the following symptoms within 24 hours of surgery, please call your doctor's office immediately: cold, sore throat, fever, skin rash, cuts, scrapes, open sores, or any other illness.

You may drink clear liquids up to two hours before your arrival. Clear liquids include water, pulp-free fruit juice, carbonated beverages, clear tea or black coffee. You may drink milk or eat a light meal up to eight hours before your arrival. A light meal consists of toast and chicken broth, for example. Do not chew gum, suck on candy, smoke or use chewing tobacco.

Why is this important? During surgery, the muscles that keep food and liquid in the stomach relax. If there is anything in the stomach, it may get into the lungs. This can cause a serious infection. If you have even a small amount of food or drink after the allowed time, we may need to cancel your surgery for your safety.

Follow the instructions given to you by your doctor about showering and cleaning your skin before surgery. Your nurse will clean your skin the morning of surgery at the surgery site with a special soap that kills germs.

Quit Smoking

Now would be a good time to quit smoking. Not smoking will help you heal more quickly and protect your future health. A smoker's cough may put a strain on your wound. The nicotine in tobacco slows blood flow to all areas of the body, especially the skin. This slows healing and may put you at risk for an infection around your wound.

Ask your doctor if you want help to quit smoking.

Reminders:

- DO take medications your doctor told you to take with a SIP of water
- DO NOT chew gum or suck on candy
- DO NOT smoke or use chewing tobacco
- DO NOT use hair sprays or lotions
- DO NOT wear make-up or nail polish
- DO follow the bathing instructions
- DO brush your teeth
- DO remove your contact lenses

It is very important to arrive at the hospital on time. All surgical and radiology (x-ray) patients should enter the hospital through the Main Clinic entrance.

Once we set your arrival time, our goal is to stay on schedule. However, emergencies or other delays may affect the time of your surgery.

Wear loose, comfortable clothing and flat shoes. We will give you a hospital gown, robe and slippers. You may want to bring personal items such as toothbrush, toothpaste, hair brush or shaving supplies if you might be staying overnight.

Bring These Items to the Hospital with You:

- Your insurance card(s)
- Money for co-pays (for medicines or the surgery), if needed.
- A list of medicines you take. Include vitamins, minerals, herbs and over-the-counter drugs. Note any drug allergies. During your stay, the hospital will provide all medication.
- A copy of your advance health care directive, unless it is already on file at Grand Itasca. This tells us what treatment you would want and who would make health care decisions if you could no longer speak for yourself.
- A case for glasses, contact lenses, hearing aids or dentures. We can provide denture cups if needed.
- Your CPAP machine, if you use one at home.
- If you have an implanted stimulator (deep brain, bladder, spinal cord, etc.), bring the remote to surgery.
- Your cane, walker, or crutches if you use them at home.

Do Not Bring These Items to the Hospital with You:

- **DO NOT** bring any medications, alcohol, tobacco or street drugs.
- **DO NOT** wear **any** jewelry, barrettes, or hair clips and take out all body piercings **at home**.

Tell Your Doctor If:

- You are allergic to latex or rubber.
- You have a pacemaker and/or an implanted cardiac defibrillator. If you do, please bring the ID card with you on the day of surgery.
- You are a smoker. Ask your doctor how you can quit smoking. Not smoking will help you heal more quickly and protect your future health.

During and After Surgery

During Your Surgery

Family or friends may wait in the Patient & Family Waiting Area and watch TV or use the computer. There are vending machines and coffee available.

Your family and friends will receive a pager at the Surgical Registration window. This allows them to visit different spaces on campus, such as the Grand Eatery, Coffee Shop or Gift Shop, while they wait. You may designate one family member to receive a text updates for surgeries.

After Your Surgery

We will move you to a recovery room, where we will watch you closely. If you have any pain or discomfort, tell your nurse. If you are staying overnight, we will move you to your hospital room after the recovery room.

If you are going home, we will move you to another room. Friends and family may be able to join you. The length of time you spend in recovery depends on the types of medicine you received, your medical condition and the type of surgery you had.

Let your doctor or nurse know if you are in pain.

Going Home

We will let you know when you're ready to leave the hospital. Before you leave, we will tell you how to care for yourself at home and prevent infections. If you do not understand something, please speak up. We will answer any questions you have and help you get ready to leave.

For any new medications, find out the dosage, how often you should take them, and the side effects. Have a family member or friend take note of instructions as well to help you remember.

Schedule your follow-up appointments, get prescriptions for new medications and follow the instructions in your discharge plans.

Take it easy when you get home. You will need some time to recover. You may be more tired than you realize at first. Rest and relax for at least the first 24 hours at home. You'll feel better and heal faster if you take good care of yourself.

You must have a responsible adult with you for the first 24 hours after you leave the hospital.



Dr. Shawn Olson, General Surgeon

Dealing with Pain

A nurse will check your comfort level often during your stay. He or she will work with you to manage your pain. Remember:

- All pain is real. There are many ways to control pain. We can help you decide what works best for you.
- Ask for pain medicine when you need it. Don't try to "tough it out"- this can make you feel worse. Always take your medicine as ordered.
- Medicine doesn't work the same for everyone. If your medicine isn't working, tell your nurse. There may be other medicines or treatments we can try.

Pediatric Surgery

We have a pediatric surgery video (*What to Expect When You Come to Grand Itasca for Surgery*) on the Surgical Services page on our website, granditasca.org. We encourage you to watch this video with your child. It will answer many of your questions and encourage your child to ask questions.

Children may have clear liquids up to two hours before your arrival. Examples of clear liquids are water, apple juice, and Pedialyte. Breast fed infants may nurse until four hours before your arrival. Formula fed infants may be given a bottle up to six hours before your arrival.

Children may bring a **CLEAN** toy or blanket.

Illness, Medications & Allergies

If your child gets a cold, cough, fever or other illness within 24 hours of surgery, please call your doctor.

Check with your child's doctor about which medications to take the morning of surgery.

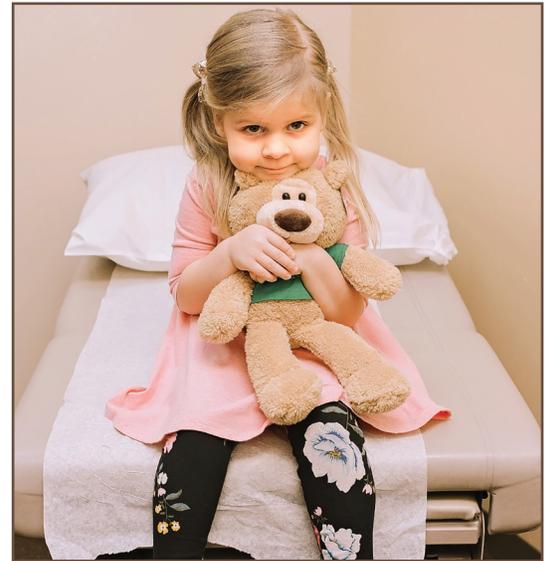
Talk to the nursing staff and your doctor about any allergies your child may have.

Parents & Legal Guardians

Parents or guardians must remain in Surgical Services **before, during and after** surgery.

Any child under age 18 must have a legal parent or court-appointed guardian sign the consent form.

For children 10 and under, two adults are needed to take a child home after the surgery. One person can give their full attention to caring for the child while the other drives.



Stop Infection Before it Starts

Your doctors and nurses work hard to keep your surgery site healthy. But we need you to do your part too. The following actions are very important:

- **DO NOT** shave or remove the hair near your surgery site for several days before surgery.
- **CAREFULLY** follow any instructions about bathing before surgery.
- **WASH** your hands before touching your wound or dressing.
- **QUIT SMOKING.** Stopping smoking as little as one week before surgery can reduce your risk of infection.

Carefully read through "FAQs about Surgical Site Infections" on the backside of this handbook. If there is anything you do not understand, please ask us.

Let your care team know immediately if you develop any signs of infection. Such as:

- Fever, chills or fatigue
- Redness, warmth, or pain near any surgical incision sites
- Discolored fluid exiting the surgical wound.

Important Telephone Numbers:

- Main Line: **218.326.3401**
- Pre-Admission Nurse: **218.999.1770** or Toll Free **1.800.662.5770**

(If no answer, please leave a message with your name and phone number and we will return your call)

- Day Surgery Unit: **218.999.1803**
- Emergency Department: **218.999.1900**

FAQs

(frequently asked questions)

about “Surgical Site Infections”

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.

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

To prevent SSIs, doctors, nurses, and other healthcare 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.
- Give you antibiotics before your surgery starts. In most cases, you should get antibiotics within 60 minutes before the surgery starts and the antibiotics should be stopped within 24 hours after surgery.
- 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:

- Tell your doctor 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 doctor 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 healthcare providers clean their hands before examining you, either with soap and water or an alcohol-based hand rub.

If you do not see your 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 from the hospital?

- Before you go home, your doctor 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 hospital.
- 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 doctor immediately.

If you have additional questions, please ask your doctor or nurse.

Co-sponsored by:

