

# My Surgery Road Map

**BRING THIS ROADMAP WITH YOU TO APPOINTMENTS AND YOUR SURGERY.**

Name: \_\_\_\_\_ Doctor: \_\_\_\_\_

My surgeon and I have agreed that I will have \_\_\_\_\_ surgery on \_\_\_\_\_ at Kadlec Regional Medical Center.

My primary care (referring) provider is: \_\_\_\_\_

My estimated time in the hospital will be: \_\_\_\_\_

After I am discharged, I plan to go to (home, skilled nursing, inpatient rehab): \_\_\_\_\_

***If you are under the care of a cardiologist, it is important to see him/her prior to surgery.***

## 1. Registration 2. Pre-Admission

Call (509) 942-2655 to schedule your registration/pre-admission appointment. Registration will call you to request important information once your surgery is scheduled. Your pre-admission appointment will be also be confirmed at this time. Please use the Vineyard entrance; free parking garage is available.

### Who and what do I need to bring to my Registration/Pre-Admission appointment?

- Care Partner if available
- Insurance card
- Surgeon's orders
- Medication list and medical history
- Consent forms
- Surgeon's after care instructions and follow up appointment date/time
- Photo ID

### How long will this take?

- Expect to be at your Pre-Admission appointment for one hour

### What will happen at my appointment?

- Interview and teaching with a nurse
- Receive answers to questions about my surgery
- Complete lab tests ordered by my doctor
- Additional tests (X-Ray, EKG, etc.)

### What do I need to do before surgery?

- Do not eat or drink anything after midnight before surgery
- Follow all pre-op instructions
- Finalize plans with my Care Partner
- Arrange to have prescriptions filled before leaving the hospital
- Plan who will drive me home and to my follow-up appointments

### What do I need to do to prepare my home/medical equipment for after surgery?

\_\_\_\_\_  
\_\_\_\_\_

#### My Registration/ Pre-Admission appointment

Date: \_\_\_\_\_

Time: \_\_\_\_\_

***For questions about finances, call (509) 942-2626.***

#### My Care Partner is

Name: \_\_\_\_\_

Contact number: \_\_\_\_\_

# After Surgery

## Preparing to Leave the Hospital Before You Come

- Who will take you home and help care for you after surgery? They will need to stay with you or be immediately available. Or you may need to stay someplace else to receive the help you need as you recover (a skilled nursing or rehabilitation facility). These are important discussions to have with your doctor and family before surgery.
- Medical equipment may be needed at home. Your surgeon's office can help explain what you'll need and provide community resources.
- Plan to have your prescriptions filled at your local pharmacy so they are available before you go home.
- If needed, our case managers will help arrange follow-up therapies ordered by your doctor.
- Instructions about your at-home diet, activity, medications, pain management, and incision care will be provided by your nurse before you leave the hospital. This is your opportunity to ask questions about your recovery plan.

## Managing Your Pain

- You will most likely experience pain after surgery. Your doctors and nurses will do their best to help you manage your pain. You will be taught how to communicate your pain on a scale of 0-10 or by using a facial expression scale.
- Pain management may include medication, relaxation techniques, warm or cool packs, massage, and other therapies.
- Tell your nurse or doctor if your pain is not well managed.
- If taking pain medication or sedatives after going home, do not drive a car, operate power tools or drink alcoholic beverages.

## Food, Drink and Going to the Bathroom

- You will most likely have an IV to keep you well hydrated until able to drink. After your doctor gives the okay, plan on starting slowly by drinking small amounts and then gradually introduce food.
- If you have a foley catheter (a tube that drains the bladder) it will be removed as soon as possible, per your doctor's instruction.
- Call your doctor or nurse if you have persistent nausea, severe diarrhea or are unable to keep food or drink down.
- You may have a tube that goes to your stomach through the nose to manage nausea and vomiting.
- Pain medication can cause constipation. This can be relieved by drinking more water, eating high fiber foods, walking and taking a stool softener medication recommended by your doctor.

## Getting Up Safely

- Getting up soon helps you heal quicker. You will be helped to sit up at the bedside and walk within a few hours after surgery.
- If you are not moving in bed, bed sores can develop quickly. Your nurses will help you with turning and positioning as needed.
- You are at high risk for falling after surgery. Your nurses will be checking in frequently to see if you need help getting up. Please do not get up without asking for help!
- Tell your nurses if you use a cane, walker, or wheelchair at home. Physical or Occupational Therapy may be ordered by your doctor.

## Keeping Your Blood Moving

- Less activity after surgery may increase your risk for blood clots. Expect to walk as soon as possible. Moving your feet and ankles in bed also helps.
- You may have equipment to prevent blood pooling in your lower legs. These include tight-fitting stockings and air-filled sleeves placed on your legs.
- Blood-thinning medication may be ordered by your doctor to help prevent blood clots.
- Immediately tell your doctor or nurse if you have pain or swelling in your legs, start to feel short of breath or have chest pain.

## Keeping Your Lungs Healthy

- You will be taught breathing techniques to keep your lungs clear. You may receive a breathing device called an Incentive Spirometer. This helps you take deeper breaths and should be continued at home until back to your normal activity.
- Kadlec is a non-smoking campus. Smoking is harmful to healing. If you or anyone in your household smokes, resources are available to help you quit.

## Preventing Infection

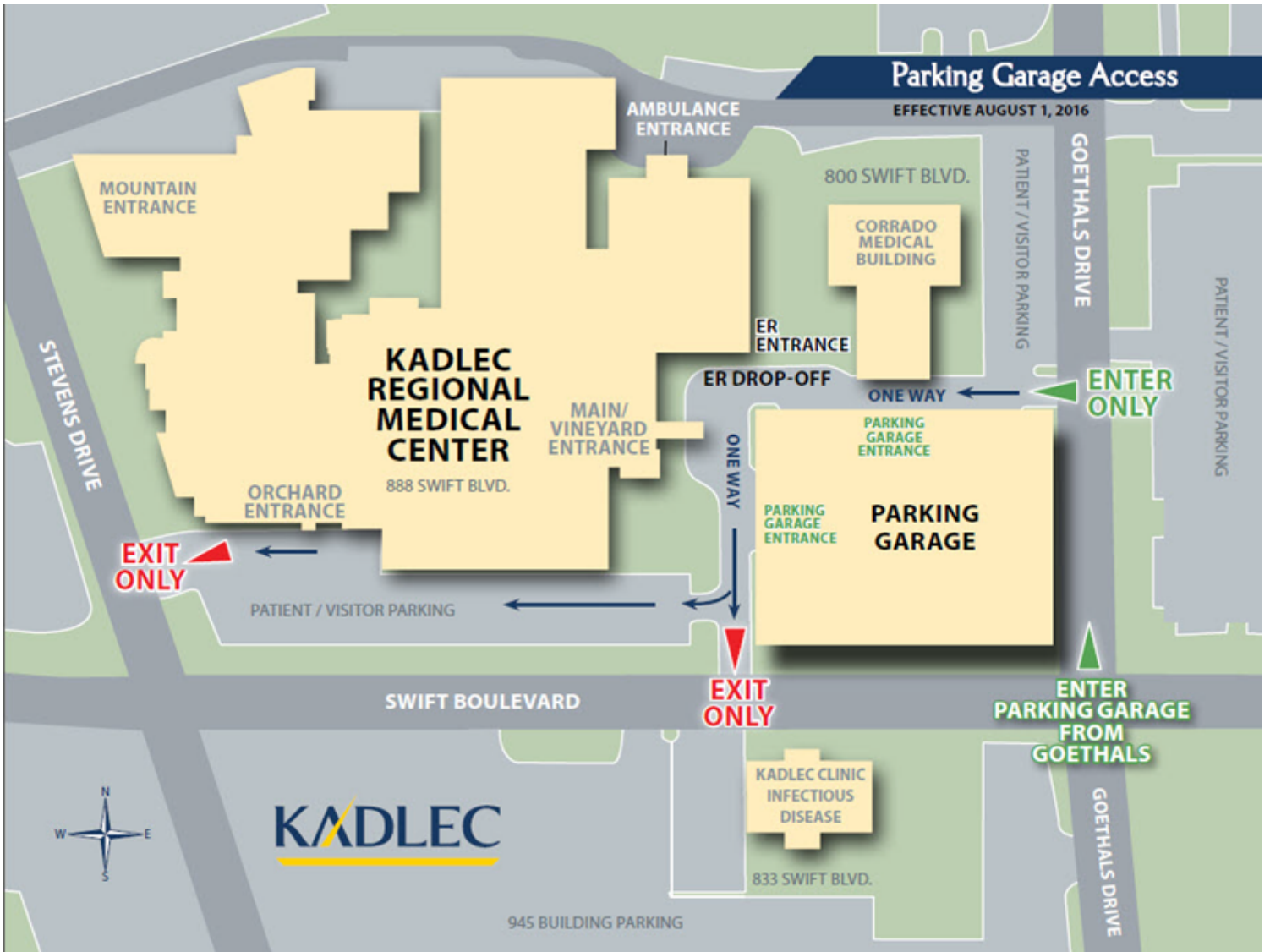
- Hand Washing (or Gel) is the #1 way to prevent infection! Everyone must clean their hands going in and out of patient rooms, after going to the bathroom and before eating.
- Caregivers and visitors might need to use protective ("isolation") attire if you have a current or prior infection, or if you need additional protection.
- Antibiotics may be given through an IV (intravenous) line in the operating room and for a short time after surgery. If going home with an antibiotic take the entire prescription as directed.
- Keep your surgical site clean and dry and follow doctor instructions for changing your dressings.
- Call your follow-up doctor after going home if you have a fever over 101°F, chills, unusual bleeding, drainage, swelling, redness or increasing pain at your surgery site.

## More Safety Information

- You will have a wristband and be asked to provide your name and birthdate prior to receiving any test, procedure or medicine.
- Each member of your care team will tell you their name and role in your care. Please ask if you are unsure who is caring for you.
- When you are given medicine, the nurse will tell you the name of the drug, reason for taking and possible side effects.
- Your privacy will be protected. You will be asked to identify the people you approve to receive information.
- Please ask your nurse anytime you wish to see your medical information and have it explained.
- Before any invasive procedure, your care team will perform a *time out* to be sure it is the planned procedure for you.
- Interpreter services are available 24 hours a day to ensure you and your loved ones understand all that is happening during your stay.
- A Rapid Assessment Team (RAT) can immediately be called by any health care or family member if concerned about your recovery – instructions are in each room.
- Some people react differently to medical therapy after surgery. Your Care Partner or other family member may be asked to stay with you.

# Parking Garage Access

EFFECTIVE AUGUST 1, 2016



**EXIT ONLY**

**EXIT ONLY**

**ENTER ONLY**

**ENTER PARKING GARAGE FROM GOETHALS**

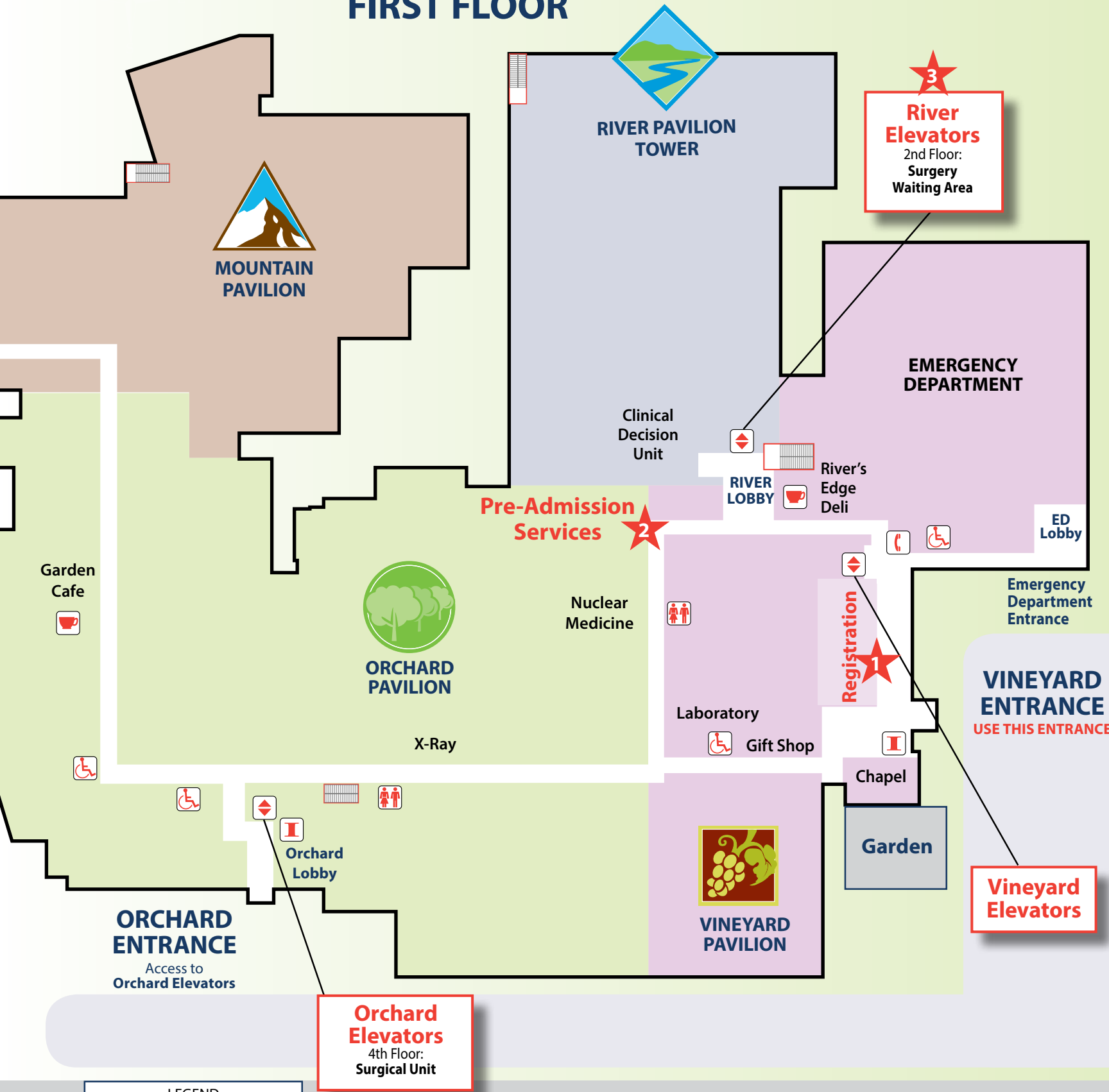
**KADLEC**

945 BUILDING PARKING

KADLEC CLINIC INFECTIOUS DISEASE  
833 SWIFT BLVD.



# FIRST FLOOR



**LEGEND**

- Rest Rooms
- Handicapped Rest Room
- Public Telephone
- Elevator
- Stairs
- Information
- Dining

SWIFT BOULEVARD