



Patient/Family Education - Pre- Admission Instructions

Prior to Procedure:

1. A nurse will talk or call you about what is needed to prepare for surgery.
2. If you do not see your providers wash their hands during your stay, please ask them to do so.
3. **DO NOT** eat or drink anything, including water and coffee, after midnight the night before surgery.
4. Patients on any blood thinners (Coumadin, Plavix, Lovenox, Aspirin, etc.) or anti-inflammatory drugs (fish oil, Aleve, Motrin, etc.) should contact their physician for the recommendation for when to stop, prior to surgery
5. Insulin dependent diabetic patients need to contact their physicians for the insulin dosage, and time of dosage to be taken the morning of surgery.
6. **For Orthopedic/Podiatry procedures:** You will be given a bottle of Hibiclens. If Hibiclens causes skin irritation or you allergic to it, then shower with an antibacterial soap. Hibiclens is the best way to remove unwanted bacteria from your skin and will help prevent infections.
***Hibiclens may cause staining on your linens, so it is very important to rinse thoroughly.**
 - a. Shower daily with the hibiclens starting 3 days before surgery.
 - b. Avoid your face, vagina, or rectum.
 - c. After showering, use a clean towel to dry your body, starting with the area of your surgery.
 - d. The night before dress in clean clothes. Sleep on clean bed sheets.
 - e. Shower with hibiclens the day of surgery prior to coming to the hospital.
7. **For General procedures:** You will be given Chlorhexidine wipes. Use the bath cloths the night before and the morning of your surgery to clean your skin and reduce the chance of an infection. Please do not use if you are allergic to Chlorhexidine.
 - a. The night before take a shower washing all of your body parts with soap and shampooing your hair.
 - b. Thoroughly rinse your body and hair with water and dry off with clean towel.
 - c. Take one cloth from the package and gently wipe the front of your body from your neck down to your toes. Use the second wipe to wipe the back of your body. Avoid your face, vaginal, or rectum.
 - d. Do not rinse or wipe off. Allow the Chlorhexidine to dry.
 - e. Dress in clean clothes. Sleep on clean bed sheets



- f. The morning of surgery, repeat steps b, c, d, with the second package of clothes
- g. On the morning of your surgery, you will be asked if you used the cloths at home.
- 8. **Notify your primary physician**, as soon as possible of a cold, rash, fever or other changes in your condition before surgery
- 9. Review the attached FAQ's about "Surgical Site Infections."
- 10. If you think of any questions before admission to the hospital, write them down and don't hesitate to ask the nurse who is caring for you before surgery.

The Day of Your Procedure:

- 1. **DO NOT** chew gum, smoke, use smokeless tobacco, or drink alcohol before surgery. Good oral hygiene is encouraged.
- 2. **DO NOT** wear makeup, mascara, or eye shadow. Remove nail polish. Nurses will check your condition by watching your natural color of your skin and nails for changes. Eye makeup may be inadvertently introduced into the eye.
- 3. **DO** bring a current list of your medications. (Include: Name of drug, dosage, and how often the drug is taken daily) You may bring medications with you to the hospital if your list has changed.
- 4. **LEAVE ALL VALUABLES AT HOME** (i.e. cash, jewelry, credit cards, etc.)
- 5. Wear loose fitting, comfortable clothing.
- 6. Bring eye glasses, and hearing aids as well as a storage case to keep them in. **DO NOT** wear contacts.
- 7. You will need to remove any barrettes, hairpins, prosthetic devices and all jewelry before surgery.
- 8. You will be given an approximate time surgery will begin. You will be told to come to the hospital about 1-2 hours prior to the time of your surgery. This gives adequate time for the doctors, anesthetist, and nurses to visit with you and to prepare you for your surgery. Bring a book, tablet, or something that you can do during the wait.
- 9. Check in at the Admissions of the **Hospital** at the time designated by the preadmission nurse.
- 10. Consent for the procedure must be signed before the procedure begins. Unmarried patients, younger than 19 years of age, must have a parent or guardian sign for them.
- 11. A **pain scale** will be used to assess your discomfort. Managing your pain during your surgical procedure does not assure the absence of pain. We manage your pain to the level that you are able to do activities of daily living, such as walking, bathing and eating without nausea. You will frequently be asked to rate your pain on a scale of 1 to 10. Zero is no pain, and 10 being very severe pain. This will help your nurse determine how much medication you need.
- 12. If you are having outpatient surgery, or you leave shortly after a procedure, you will need to have someone drive you home. It is recommended that you not drive or operate machinery for



24 hours after aesthetic. If you have abdominal surgery, the physician will most likely restrict you driving. If you receive anesthesia, it is recommended that you have someone with you at home for 24 hours after the procedure.

13. It is recommended that family members or support persons be limited to one or two in the room at a time to aide in providing the patient with a relaxed environment before and after surgery. This allows the rest and recuperation for the patient and easy access for the nurse to meet the patient's needs.
14. The physician may order an incentive spirometry. This encourages deep breathing and coughing to help prevent post-operative pneumonia.
15. Antibiotics may be given pre-operatively to help prevent infections. It is important to know if you have any allergies to medications.
16. Leg exercises help blood flow through the body and can prevent blood clots. Walking will help your circulation. You will be encouraged to change positions and move frequently after surgery

Following Your Procedure:

1. **DO** take pain medication regularly for incisional pain as instructed. **DO NOT** drive or operate heavy equipment if taking narcotics. Take a stool softener if you are taking narcotics.
2. **DO NOT** remove your dressing until instructed by your surgeon.
3. **DO** remember to wash hands before removing the dressing or touching your incision.
4. **DO** take it easy for the first week following surgery.
5. **DO** call your primary physician, if you develop chills, cough, itchy skin, rash or if you incision becomes swollen, red, or has pus coming from it, or if your temperature is over 101 degrees F.
6. **DO** seek immediate attention if your incision comes apart or if you begin bleeding from your incision.