

## The SwedishAmerican Surgicare Center Pre-surgical Instructions



### **INTRODUCTION**

The SwedishAmerican Surgicare Center, located on the 2<sup>nd</sup> floor of the main hospital, is a patient care unit dedicated to the care of patients having surgery. The mission of the Surgicare Center is to pursue excellence, provide highly skilled, specialized perianesthesia nursing care, clear communication, control of pain and compassion to our patients and their loved ones. Our skilled perioperative staff is dedicated to preparing you and your significant others for surgery, and ensuring that your needs are met. Throughout the surgical process, we are committed to maintaining your safety, comfort and providing individualized care.

Hours of Operation: Monday – Friday, 5:00 a.m. to 8:00 p.m.  
Phone: (815) 489-4013

You may leave a message if you need to call us after hours. If urgent, contact the Surgery Department at (815) 489-4900 or call your surgeon.

**The SwedishAmerican Surgicare Center**  
**Pre-surgical Instructions**

**PRIOR TO SURGERY**

**A Surgicare registered nurse will contact you** prior to your surgery date to begin the process of preparing you for surgery. In general, we will call you sometime between two weeks to several days prior to your surgery. Those patients having a procedure using only a local anesthetic (LOCAL procedure) or having very minor surgery may not be called until the night before the procedure.

Your **tentative arrival and tentative surgery times** will be reviewed with you by the nurse. The final surgery schedule is not determined until after 3:00 p.m. the day before surgery. Surgery times may change in order to accommodate all patients scheduled including emergencies and equipment availability. If your surgery time changes, we will contact you the night before your procedure (if your procedure is on a Monday, we will call you Friday evening) and we will work with you to minimize any inconvenience. We will not call you unless your surgery time is changed on the final schedule.

**Your health history**, including previous surgeries, prescription medications, herbal products and over-the-counter medications will be reviewed by our nurse. It would be helpful if you could have a list of your current medications and allergies, including all over-the-counter medications such as vitamins, herbal medications, Tylenol, Advil, etc., as well as any medications that you have been on for the last month. You will be given instructions regarding which medicines you should take before surgery. If you take insulin, the nurse may instruct you to decrease the amount you take the night before and the morning of surgery. It is important that you follow these medication instructions.

**Herbal medications** should be stopped one week prior to surgery, as these medications may affect your blood pressure or may make you more prone to bleeding.

**Viagra, Cialis, Levitra** and similar drugs should not be used for three days prior to surgery, as they interact with anesthetic medications, resulting in low blood pressures.

If you take **aspirin, ibuprofen or blood thinners such as warfarin or clopidogrel (Plavix)**, call your surgeon for instructions.

**Laboratory testing** may be required, depending on your health history and the procedure you are scheduled for. The nurse who reviews your history may ask you to have laboratory testing done prior to the day of surgery.

**Eating and drinking instructions** for the evening before and the day of surgery will be given to you by the nurse. You may take oral medications as instructed with a sip of water. *If you cannot take your medications without food, please inform the nurse.*

**Smoking cessation** is helpful prior to having surgery. Every day you refrain from smoking prior to surgery improves your ability to heal and decreases the risk of respiratory complications of smoking during anesthesia and surgery, including asthma

**The SwedishAmerican Surgicare Center  
Pre-surgical Instructions**

and pneumonia. Cessation of smoking after surgery will likewise improve healing and decrease your risk for wound infection.

**If you develop a cold, fever, chest congestion, body aches or other illness prior to your procedure, contact your surgeon's office immediately.**

**Foster children, or other patients whose care is managed by a state agency:** Please notify us as soon as possible. Consents need to be signed through the state agency. Relatives/caregivers cannot sign surgical consent forms for these children unless they are the legal guardian, approved through the court system. If this is the case, please bring the legal document signed by the judge.

**The SwedishAmerican Surgicare Center  
Pre-surgical Instructions**

**AFTERNOON & NIGHT BEFORE SURGERY**

**Eating, drinking & smoking:**

- In general, do not eat anything (including candy, gum, or mints) after 11:00 p.m. the night before surgery. It is advisable to refrain from heavy meals after 8:00 p.m., eating only light snacks from 8:00 p.m. to 11:00 p.m. Breast- or bottle-fed infants will be given individualized instructions.
- Depending on the procedure you are having, you may have been given more stringent fasting instructions from your surgeon. If so, please follow the instructions given to you by your surgeon.
- **Do not drink alcoholic beverages** for 24 hours prior to surgery.
- **Please refrain from smoking** after midnight.
- **Do not use illegal drugs** within 24 hours of your surgery. Interactions with anesthetic medications can cause dangerous changes in blood pressure, increasing the risk of heart attack and stroke.

**A Surgicare Nurse will call you:**

- If you are having a LOCAL procedure, a nurse will call you to review your medical history and give you medication and eating instructions.
- If your surgery time on the final surgery schedule is different from the tentative time you were originally given, we will call you the night before surgery (or on Friday if your surgery is on a Monday).

**You may call us:**

If you have any questions or concerns that have not been answered, please call us at (815) 489-4013.

# The SwedishAmerican Surgicare Center

## Pre-surgical Instructions

### DAY OF SURGERY

#### Responsible Adult:

If you are having outpatient surgery, a responsible adult must be available to drive you home and stay with you overnight.

A parent or legal guardian must accompany patients younger than 18 years old to sign consent forms and must remain in the hospital during the child's surgery. It is not acceptable for the parent or legal guardian to leave the hospital during their child's surgery and expect that another relative, who cannot give legal consent, take their place.

#### Drinking Instructions:

If you have been instructed to, you may have one 8 ounce serving of one of the following:

- Water
- Clear tea or black coffee (*do not add any dairy product or any non-dairy creamer*)
- Apple juice
- Soft drink

Be sure to stop 3 hours before your surgery time.  
Do not eat or drink anything else, including candy or gum!

#### Medications:

Please take all oral medications you were instructed to with a sip of water.

#### What to wear:

Wear comfortable, loose fitting clothes that will fit over bandages and splints.

#### What to bring:

Insurance/Medicare Card

- A written list of your current medications, including dosage and frequency.
- Copy of advanced directives: living will or durable power of attorney. If you do not have advanced directives, we can assist you when you arrive.
- Information card for any implanted medical device (e.g Pacemaker).
- If you received a 3 X 5 pink card when the Lab drew your blood, bring it with you.
- Inhalers and sleep apnea machines and appliances.
- Crutches, walkers, braces or immobilizers, as instructed by your surgeon.
- Eyeglass case or contact lens case.
- Empty sippy cup or bottle, soft toy, blanket or other comfort item for your child.

#### Do Not:

## The SwedishAmerican Surgicare Center Pre-surgical Instructions

- Do not shave the surgical site.
- Do not wear make-up, perfume, cologne, nail polish or contact lenses.
- Do not bring valuables or money.
- Do not wear jewelry. Jewelry harbors germs and bacteria, increasing the risk of infection. Jewelry also increases your risk for burns when cautery is used during surgery and can lead to circulation problems when swelling occurs.

### ARRIVING AT SURGICARE

**Please arrive at the hospital on time.** This time will generally be two hours prior to the scheduled surgery time. **Diabetic patients** with surgery times after 7:30 a.m. may be asked to arrive three hours before surgery so that we can manage your blood glucose levels. **Children** who are 10 years or younger are generally asked to arrive 1.5 hours prior to surgery. If you are unsure of your surgery time please call us. The phone number for Surgicare is (815) 489-4013.

**Use the State Street Entrance** for all surgeries except for open-heart surgery.

[http://www.swedishamerican.org/pdfs/maps/campus\\_state\\_street.pdf](http://www.swedishamerican.org/pdfs/maps/campus_state_street.pdf)

Valet Parking is available starting at 6:00 a.m.

Stop at the **Registration Desk** if you were instructed to. The Registration Desk is located on the right hand side of the main hallway. If not, proceed down the hallway until you see the open spiral staircase on the right-hand side. Surgicare is located on the 2<sup>nd</sup> floor at the bottom of the stairs. For your convenience, there is an elevator located at the top of the staircase.

<http://www.swedishamerican.org/pdfs/maps/3rdFloorStateStreetMap.pdf>

**Use the Heart Hospital Entrance** (on Charles Street) if you are having open-heart Surgery.

[http://www.swedishamerican.org/pdfs/maps/campus\\_charles\\_street.pdf](http://www.swedishamerican.org/pdfs/maps/campus_charles_street.pdf)

Valet parking is available starting at 6:00 a.m.

Take the lobby elevators, located to the right of the fountain to the second floor.

<http://www.swedishamerican.org/pdfs/maps/1stFloorCharlesStreetMap.pdf>

Continue straight ahead into the main hospital. You will see an overhead sign directing you to the **State Street Entrance/Emergency Department**. Follow this and you will see our reception area on the right-hand side, just across from the open spiral staircase.

**The SwedishAmerican Surgicare Center  
Pre-surgical Instructions**

<http://www.swedishamerican.org/pdfs/maps/2ndFloorEmergencyMap.pdf>

## The SwedishAmerican Surgicare Center Pre-surgical Instructions

### WHAT TO EXPECT

**The Surgicare nurses** will identify themselves to you/your child and will verify your surgery/procedure and surgeon. They will also verify your name and birth date. They will review your medical information, verify your allergies and ask you what medicines you took and when and what you last ate and drank. They will prepare you for surgery, obtaining any needed tests, starting an IV, preparing the surgical site and completing any necessary paperwork.

If you are having **pain or discomfort**, your nurse will ask you to rate it on a scale of 0-10, with zero meaning “no pain” and 10 meaning “the worst possible pain imaginable.” They will then ask you to let them know what number on the pain scale would be acceptable to you in order to be comfortable during your postoperative period. With any surgical procedure, requesting a pain score of zero would not be realistic. Our expectation is for you to be comfortable and we request that you let us know if you are not comfortable so that we can assist you. If you require pain medication, your nurse will ask your anesthesiologist (or surgeon if you are having a LOCAL procedure) for a pain medication order. Remember, it is always a good idea to take your pain medication at the onset of pain instead of waiting until it is unbearable. Being proactive will allow the pain medication to be more effective and may result in less medication being used.

**An anesthesiologist, or a certified registered nurse anesthetist (CRNA)** working with an anesthesiologist will provide your anesthetic care, unless you are having a LOCAL procedure. Your anesthesia provider will visit you in Surgicare and will identify himself/herself to you. They will review your medical history and test results, and perform a focused physical exam. They will formulate an anesthetic plan and will discuss that plan, including risks, benefits and alternatives with you. An anesthesia provider will remain with you throughout your procedure to ensure your comfort and safety.

Your anesthesia provider is not assigned until the final surgery schedule is completed and that assignment may change on the day of surgery. If you would like to request a specific provider, you may place that request by calling Rockford Anesthesiologists Associated at (815) 877-4848. You may also call if you have specific anesthetic concerns that you would like to discuss before your surgery.

Additional patient information is available from Rockford Anesthesiologists Associated:

[http://www.raallc.com/patient\\_info.html](http://www.raallc.com/patient_info.html)

and from the American Society of Anesthesiologists:

<http://www.asahq.org/patientEducation.htm>

**The SwedishAmerican Surgicare Center  
Pre-surgical Instructions**

**Your Surgeon** will visit you in Surgicare prior to surgery. He/she will verify the procedure you are having, mark your surgical site if laterality (right/left) or spinal level are involved and answer any questions you have prior to your procedure.

## The SwedishAmerican Surgicare Center Pre-surgical Instructions

### FAMILY & FRIENDS

**The Surgicare Department** is located on the 2<sup>nd</sup> floor of the hospital.

<http://www.swedishamerican.org/pdfs/maps/2ndFloorEmergencyMap.pdf>

Visitors are limited to two (2) per room.

Food is not allowed in the department.

To maintain your privacy, we may ask visitors to leave the room if needed.

**Arrange for childcare** for your children at home for the entire day of surgery. This is important because your scheduled procedure time may vary as well as your recovery period. Please do not bring children to the hospital unless they are the one having the procedure.

**Designate a responsible adult** who is to receive information about you during your procedure and assure that this person has a cell phone that is charged.

**The Surgical Waiting Room** is conveniently located across the hall from the Surgicare Department. A surgical liaison is stationed in the waiting room from 7:15 a.m. until 3:30 p.m. to assist them. After 3:30 p.m., our secretary will take over assisting in the waiting room. If your designated person has a cell phone, we will use that to stay in touch with them if they leave the waiting room.

**When your surgery is over**, your designated person will be instructed to meet your surgeon in one of our three consultation rooms, which are across from the surgical waiting room. After they speak with the surgeon, they will return to the waiting room until further instruction is provided. When you are in your outpatient postoperative room or your inpatient hospital room, they will be directed to your location.

### Hospital Amenities

1<sup>st</sup> floor near the Heart Hospital Lobby

**Jenny's Too Gift Shop, Carlson Chapel and the Healing Garden**

<http://www.swedishamerican.org/pdfs/maps/1stFloorCharlesStreetMap.pdf>

3<sup>rd</sup> floor State Street Lobby

**Vending Machines, Jenny's Gift Shop and visitor Restrooms**

<http://www.swedishamerican.org/pdfs/maps/3rdFloorStateStreetMap.pdf>

4<sup>th</sup> floor main hospital

**Commons Cafeteria and ATM**

More detailed information, including hours of operation, can be found on our Patients & Visitors Web page: [http://www.swedishamerican.org/patients\\_visitors/-faq\\_directions](http://www.swedishamerican.org/patients_visitors/-faq_directions)

**Thank you for choosing SwedishAmerican**