



WASHINGTON HEALTH SYSTEM



**WHAT YOU NEED
TO KNOW TO
PREPARE FOR
YOUR SURGERY**

WHAT'S IN THIS BOOKLET

WELCOME TO THE WASHINGTON HEALTH SYSTEM.....	3
PREPARING FOR SURGERY	4
PRE-OPERATIVE CHECKLIST.....	5
PRE-ASSESSMENT TESTING (PAT) CENTER.....	6-7
THE DAY BEFORE SURGERY: PLANNING AHEAD.....	8
Transportation home on the day of your surgery.....	8
THE NIGHT BEFORE SURGERY.....	9
Food and fluids.....	9
Skin preparation.....	9
Important information about arrival times.....	10
OPERATIVE DAY.....	10
Personal belongings.....	10
When you arrive.....	11
Management of Pain.....	11
ANESTHESIA.....	12
What is anesthesia?.....	12
Who administers anesthesia?.....	13
What type anesthesia is best for me?.....	13
For your safety.....	14
AFTER YOUR SURGERY.....	14
RECOVERY.....	14
DISCHARGE.....	15
Deep breathing and coughing.....	15
Management of pain.....	15
Food and fluids.....	15
Surgical site incision care.....	16
Going home.....	16
Exercise.....	16
Follow up phone call.....	16

**Where our care is
“Centered Around You and Your Family”.**
Our Mission is to provide great patient care.

We are committed to providing you with the best possible treatment as well as creating a positive patient experience.

We have embraced a ***Patient and Family Centered Care*** philosophy which provides the framework and strategies to improve the experience of care, and enhance quality, safety, and efficiency.

Please read this book in its entirety, as this holds important information in regards to your surgical journey.

To insure you have the best experience with us at The Washington Hospital, we use a team approach to prepare you for surgery. The process will help make your surgery and recovery a success. The process is separated into three phases:

- Preoperative
- Operative
- Recovery

Each phase explains **important** steps which lead to good outcomes. It is very important that you complete all preoperative steps or it may delay/postpone your surgery.

The Surgical Services staff at Washington Health Systems would like to thank you for choosing our team to care for your health care needs.



PREOPERATIVE PHASE – PREPARING FOR SURGERY

Again, please read all of the following information as soon as you receive it. **This will help you make sure you are prepared for your surgery.** It is important that you follow all of these instructions or your surgery could potentially be cancelled.

If your surgeon requires you to see your family doctor and/or cardiologist to be cleared for surgery, please call and schedule these appointments for 2 weeks prior to your date of surgery.

The Pre-Assessment Testing (PAT) Center is open and currently seeing patients. Please call between the hours of 8am and 3pm to schedule your appointment. It's required that you are seen and have all testing done at least **10 business days** prior to surgery.

724-223-3878



PRE-OPERATIVE CHECKLIST

Careful preparation improves the chance of a complication-free recovery. We have enclosed this checklist to use as a guide.

- I will call Pre-Assessment Testing (PAT) for my appointment. **724-223-3878** between the hours 8am-3pm prior to my surgery.
- I will need to have all pre-operative testing done as soon as possible.
- I may need to see my family doctor and/or cardiologist to be cleared for surgery.
- I am eating lightly the week before my surgery to help reduce the risk of constipation. I have increased fluids and fiber in my diet as well.
- I had my diabetes checked, and it is under control (if applicable).
- I quit smoking to improve healing and reduce the risk of infection after surgery.
- I am walking everyday one to two weeks before my surgery to help improve my strength, range of motion, and endurance.
- If I am on blood thinners, I will receive a sheet that instructs me when to stop these medications.
- I will not eat anything after midnight on the night prior to my surgery.
- I will need transportation home after my procedure due to the anesthesia I will receive. Someone must stay with me for 24 hours after the procedure.
- If I need to cancel for any reason I will call my surgeon's office and PAT office to notify them.
- For any questions, I will call the PAT at **724-223-3878**.

PREOPERATIVE PHASE

PRE-ASSESSMENT TESTING (PAT) CENTER PAT PHONE NUMBER (724) 223-3878

In preparation for your surgery, The Washington Hospital uses a program called Enhanced Recovery After Surgery (ERAS). This program helps you prepare for surgery and for your recovery after surgery.

In accordance with ERAS there are important items that optimize your health prior to your surgery and provides you with the safest care possible.

- **Diet and Nutrition** – Healthy eating and proper nutrition before your surgery aids the healing process.
 - ✓ Drink plenty of fluids and stay hydrated.
 - ✓ Eat more fiber to help avoid constipation (often caused by pain medications). Foods that contain fiber include corn, peas, beans, avocados, whole wheat pasta and breads, broccoli, almonds.
 - ✓ Eat foods rich in protein, such as red meat, chicken, fish, Greek yogurt, dark green vegetables, raisins, and prunes. **These foods can help your body fight infection.**
 - ✓ Eat light meals, especially the day before surgery. The combined effects of anesthesia and your medication may slow down your bowel function. This can cause constipation after surgery.
- **Smoking** – It is essential to stop smoking and using nicotine products before surgery. Smoking and nicotine use can increase the risk of poor wound healing and infections. Ask about Nicotine replacement therapy options and other resources to help you stop smoking prior to surgery.

- **Alcohol and Recreational Drugs** - The use of recreational drugs such as alcohol, marijuana, narcotics, and stimulants should be discussed. These substances can affect how you react to anesthesia and the type and amount you'll need.
- **Blood Sugar Control** – Poorly controlled blood sugar increases the risk of post-operative complications, especially surgical site infections. If you are a diabetic, we need a blood test called a Hemoglobin A1C within 60 days prior to surgery. If that result is above 8.5 we will refer you to our Diabetes Education Department for an appointment to help you get better control of your blood sugar.
- **Medications** – Please notify the PAT center and the Anesthesia team on the day of surgery of any medications you are taking, including over-the-counter herbal supplements. Certain medications can have side effects with your surgery and anesthesia treatment. If you are on blood thinners, this will be evaluated and discussed on your PAT call or visit. You will be given directions on this. Blood thinners can increase the risk of bleeding during surgery.
- **Exercise** – Walking every day for 1-2 weeks before surgery helps to improve your strength, range of motion, and endurance. This helps lead to a successful outcome and recovery.

THE DAY BEFORE SURGERY PLANNING AHEAD...

Transportation home on the day of the surgery:

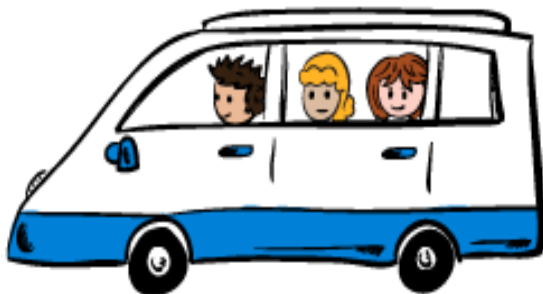
If you are having a general anesthetic or sedative, make arrangements for a responsible adult to drive you home and stay with you for the first 24 hours after your procedure.

Failure to have a driver to take you home or a responsible adult to stay with you when you return home will result in rescheduling of your surgery.

You will be able to have one family member/friend accompany you the day of surgery. They may stay with you until you go to the operating room. Once you go back to the operating room, they will be directed back to the waiting area until you are finished with surgery.

Everyone entering the hospital must have a mask on.

You will be given directions either from your surgeon's office or the PAT on how to enter the building the day of surgery.



Notify your surgeon:

- Notify your surgeon if there is any change in your physical condition, such as a cold, infection or flu symptoms and any rash or cuts near the surgical site.
- Notify your surgeon immediately if there is any chance of pregnancy.
- Notify your surgeon if you think you have been exposed to someone who has tested positive for COVID-19.



**DON'T
FORGET...**



**THE NIGHT
BEFORE SURGERY**

Food and fluids:

Do not eat or drink anything, including candy, chewing gum, chewing tobacco, etc. after midnight of the day before surgery. Drinking plenty of fluids in preparation for surgery helps keep you hydrated during your surgical experience.

Skin preparation:

All patients will be given skin preparation cloths in the office to use at home. Instructions will be given on your PAT phone call on proper use. These are used to help prevent surgical site infections.

IMPORTANT INFORMATION ABOUT ARRIVAL TIMES...

Your surgeon's office or the hospital will call you the day before surgery to determine the time you should arrive at the hospital the day of surgery.

FOR MONDAY SURGERIES: Either the Surgeon's office or hospital will call you on Friday afternoon. For anyone having surgery the day after a holiday, the Surgeon's office or hospital will call you the last day working day before the holiday.

Your arrival time will be 1½ to 2 hours prior to your surgery. This is so you can be thoroughly prepared for surgery.

REMEMBER, surgery times are APPROXIMATE and may change according to the day's schedule.

OPERATIVE DAY

Personal belongings:

- On the day of surgery please wear loose fitting clothing and a mask.
- Do not wear make-up, nail polish, hairspray, hair gels, perfumes, aftershave or lotions.
- You may wear deodorant (except if you are having breast surgery).
- Remove all jewelry, including body piercings, before coming to the hospital.
- Do not use hair spray or other hair styling products.
- Bring glasses, dentures, and hearing aids.
- Please leave all valuables (such as credit cards, large sums of money, and jewelry) at home.
- Bring a small sum of money for co-pay to have your prescription filled.

When you arrive:

- An OPSU staff member will come to the waiting room and accompany you to one of the OPSU private rooms to prepare you for surgery. One family member/friend may join you at this time while you are being prepared for surgery.
- Our OPSU nurses will review your health and medication history for any recent changes and start an IV, which is necessary for surgery.
- Infection prevention tactics:
 - ⇒ The nurse will give you a mouth rinse to use and swab your nose with betadine soaked q-tips.
 - ⇒ Your surgical area will be wiped with antiseptic cloths.
 - ⇒ The nurse will place a warming blanket on you that will circulate warm air through it to “pre-warm” you before surgery.

Management of pain:

- Pain management is a very important part of your treatment. We will do everything we can to minimize your pain. An Anesthesiologist will discuss pain management options and tailor them to your needs. We believe in a multimodal approach to pain management, which means that we use different types of medications to block different pain receptors. If appropriate for your surgery, they may also give you a regional block that can provide comfort for several hours to several days.

ANESTHESIA

What is anesthesia?

Anesthesia is a medication treatment that blocks pain, makes you drowsy or fall asleep to keep you from moving during surgery. There are many types of anesthesia that can be used either alone or in combination:

- **General Anesthesia** produces a loss of sensation throughout the entire body. This type of anesthesia uses inhalation medication to drift you off to sleep for the anesthesia provider to place a tube in your throat for your surgery. This tube is called an endotracheal tube. The endotracheal tube goes into the throat and is placed in the wind pipe to provide ventilation to the body.
- **Monitored Anesthesia Care (MAC)** is sedation anesthesia that keeps you relaxed and comfortable during surgery. Medications are given through the IV. During this type of anesthesia you might remain awake or sleep lightly.
- **Regional Anesthesia**, sometimes referred to as a “spinal” or “block”, produces a loss of sensation to a specific area of the body. This is common but not limited to foot surgery, knee surgery, and shoulder surgery. Your Anesthesia provider will go over all the options with you prior to your procedure.
- **Local Anesthesia** produces a loss of sensation to a small specific area of the body.



ANESTHESIA

Who administers anesthesia?

Washington Health System has a team of qualified professionals which include Board Certified Anesthesiologists and Certified Registered Nurse Anesthetists (CRNA's). Our anesthesia team works together with your surgeon to ensure that you receive the safest and highest quality care while at our facility.

What type of anesthesia is best for me?

Many factors go into determining the best anesthetic for each patient. Before your procedure you will be interviewed by an anesthesiologist and a CRNA who will ask you questions about your medical history, any prior surgical and anesthesia experiences, medications, allergies, etc.

They will also perform a brief anesthesia-related physical exam. After a full review, the anesthesia team will customize your anesthesia plan to your individual needs.

For your safety:

- To help ensure correct patient identification, you will be asked to verify your name and birth date and the surgical procedure for which you are scheduled many times before surgery.
- Depending on the type of surgery that you are having, your surgeon or his/her assistant may mark the surgical site with a marker prior to your procedure. We will keep your family informed during your procedure.

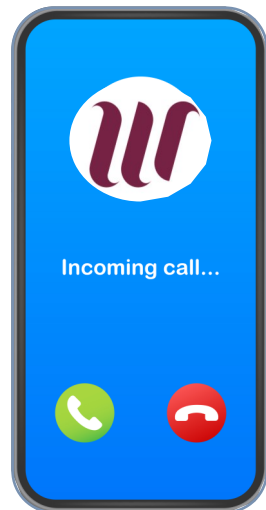
AFTER YOUR SURGERY

RECOVERY

After your surgery you will be transported by a member of the anesthesia team to the recovery room. During this time you will awaken from anesthesia. The nursing staff will monitor your blood pressure, pulse, breathing and your surgical dressing until you are awake from your anesthesia. If you are going home the day of your surgery you will be taken back to the Outpatient Services Unit and prepared for discharge. If you will be staying at the hospital you will be transported to your inpatient room from the recovery room.

Your family member will be notified by cell phone when your procedure is completed.

The Surgeon and surgical staff will also call you with updates.



DISCHARGE

Deep breathing and coughing:

- Following general anesthesia, it is important to practice deep breathing to keep your lungs clear. You may feel the urge to cough after taking deep breaths. Coughing is helpful in bringing up mucous. Your nurse will show you how to splint or support your incision when you cough so it won't be so uncomfortable. Avoid smoking during the recovery period as this is very helpful in preventing breathing problems.

Pain management after discharge:

- It is recommended that you take your pain medicine as prescribed. Taking it at regular intervals should provide you the greatest amount of relief. If you delay taking your medication, your pain may increase and it may take longer for your pain to be relieved. You may have your prescriptions filled in the Outpatient Unit before you are discharged, if you wish.

Food and fluids:

- You may eat or drink after surgery, but start slowly, beginning with clear liquids such as water or ginger ale. Drink plenty of fluids after your surgery. Eat well-balanced, high protein meals to promote wound healing. If you become nauseated with taking your pain medication, be sure to take the medication with food.

Surgical site incision care:

- Before you go home, your doctor or nurse will explain everything you need to know about taking care of your incision.
- Always clean your hands before and after caring for your incision.
- In an effort to keep your environment as clean as possible, please use clean bed linens, wear clean clothing, and use disinfectants to clean surfaces such as bathroom fixtures. Please don't allow pets in your bed while you are recovering from surgery.
- If you have any symptoms of an infection, such as redness and pain at the surgery site, drainage, or fever, call your surgeon immediately.

Going home:

- It is not uncommon to be sleepy at the time of discharge after you have had an anesthetic. Plan to get plenty of rest for the remainder of the day. Since you may be a little unsteady, ask for assistance the first time you get up. Make sure that you have a driver to take you home.

Exercise:

- After surgery, it is important to get up and move around when you are able. This helps keep blood flow moving, decreases the risk of blood clots, and helps bowel function get back to normal.

FOLLOW UP PHONE CALL

- You will receive a follow-up phone call the day after surgery to check on you.

We understand that having surgery can be very stressful for you and your family.

If you have any questions or concerns, please do not hesitate to contact us.

Thank you for choosing Washington Health System and for trusting us with your care.



WASHINGTON HEALTH SYSTEM

155 Wilson Avenue Washington, PA 15301

whs.org