



Welcome and Thank You for Choosing Holy Cross Hospital!

This pamphlet will assist you in preparing for your upcoming surgery.
It is very important that you take the time to read ALL of the information.
If you have additional questions, please do not hesitate to contact us.

TO DO List:

- Schedule appointment with medical doctor **AT LEAST** one week prior to surgery
- Have your physician fax all testing results to our pre-surgical screening department three business days prior to your day of surgery
- If Specialized Clearance is required, make an appointment with that specialized physician as soon as possible**
 - Have your physician specialist fax all testing results to our pre-surgical screening department three business days prior to your day of surgery
- Refer to the "Before Your Procedure" Checklist on page 3
- Refer to the "Day of Procedure" Checklist on page 4

Department

Phone Number

Physician Referral	(954)-776-3223
Pre Surgical Screening Department	(954)-267-7547
Pre Surgical Screening Department fax	(954)-267-6294
Holy Cross Hospital Admitting	(954)492-5717
Hospital Main Number	(954)771-8000

To Our Pre-Admission Patient:

Thank you for selecting Holy Cross Hospital for your surgery. We want to stress that the partnership necessary for the highest quality outcomes includes you, your surgeon and other members of our health care team.

In order to prepare and care for you, our Holy Cross team will need your help. Please read this packet of information carefully. All necessary paperwork and preparation must be complete and available for review prior to your scheduled surgery day. This paperwork is essential for your care planning. Please note missing or incomplete information could result in **cancellation** or a **delay** in your surgery.

You may be required to make an appointment with your medical doctor for a pre-procedure examination by your family physician and/or other specialist physician(s). We strongly encourage you to make that appointment as soon as possible to avoid any delays. If you have difficulty scheduling an appointment with your primary care physician, or do not have a primary care physician, please contact our physician referral line at (954)-776-3223 for a list of physicians who may perform the examination.

Medical History and Physical Examination:

Your chosen medical physician must complete a medical history and physical examination.

- Please note you will need to make an appointment with your medical doctor to have your medical exam completed **as soon as possible**. It is highly suggested to complete your exam **at least** one (1) week prior to your procedure date to evaluate whether any additional testing or visits are required.
- Your medical history and physical exam must be scheduled and completed no more than **30 days** before your scheduled procedure.
- When you call your medical doctor or other specialist's office to schedule your appointment, make sure you communicate your scheduled surgery date and the need to have a pre-operative history and physical examination so that they can allow enough time to schedule.
- Once your physician has completed the exam, please ask them to fax it and all testing results to your surgeon's office and our pre-surgical screening department at 954-267-6294. This must be received by our pre-surgical screening department three business days prior to your day of surgery.



Physician Specialist Medical Clearance(s):

- Depending on your medical history, your surgeon or anesthesia team may request additional pre-procedure clearances from physician specialists.
- Please schedule these appointments as soon as possible to avoid a delay in getting an appointment.
- When you call the physician's office, please inform them that you are having surgery and need to have a medical clearance examination completed.
- Once your physician has completed the form, please ask them to fax it to your surgeon's office and our pre-surgical screening department at 954-267-6294. This must be received by our pre-surgical screening department three business days prior to your day of surgery.

Before Your Procedure

Your surgeon's office will instruct you on what time to arrive at Holy Cross. Please arrive **two hours** before your scheduled surgery time.

TO DO List:

- ❑ Do not have any food, water, hard candy, chewing gum or breath mints after midnight the evening prior to your procedure
 - You **may** brush your teeth and use mouthwash without swallowing
- ❑ If possible, refrain from smoking and tobacco use for 3 weeks prior to surgery
 - This will reduce lung complications after surgery
 - Talk to your doctor if you would like information to help with smoking cessation.
- ❑ Do not shave or use a razor at the surgical site area for 2 days before your surgery
 - Shaving with a razor can cause nicks in the skin increasing the risk of an infection.
- ❑ Shower the night before your surgery with Hibiclens (Do not use on your face or between your legs)
- ❑ Do not use lotions, creams, powders, deodorant, makeup, Vaseline, or hair products after your shower
- ❑ After you shower wear clean night clothes and sleep in clean sheets
- ❑ Repeat shower the morning of your surgery
- ❑ If you are an outpatient : Arrange for a ride home with an adult to accompany you
 - Patients receiving any type of anesthesia or sedation are not allowed to drive themselves home. We cannot allow you to go home in a cab without another adult present
 - Your safety is very important to us and failure to make proper arrangements to have someone drive you home may result in cancellation of your procedure. Once at home, we also strongly recommend that someone stay with you for 24 hours following your surgery.



On the Day of Your Procedure

Please enter through the main entrance of Holy Cross and proceed to the Admitting Department. You will complete the registration process and then you will be escorted to the pre-op unit and prepared for surgery. During your stay, you will meet many members of the surgical team and they may repeat the same questions. They will ask your Name, Date of Birth, What Kind of Surgery You Are Having, and The Part of Your Body That Will Be Operated On. We will also double-check the records from your doctor's office. These measures are for your safety.

TO DO List:

- **NO food, water, hard candy, chewing gum or breath mints after midnight the evening prior to your procedure.**
 - You may brush your teeth and use mouthwash without swallowing.
- Notify your surgeon of any changes in your health such as a cold, fever, flu or other illness including rashes or any broken skin.
- Do not wear make-up.
 - We need to be able to assess your skin color.
- Leave your valuables/ money at home.
- All jewelry including body piercings and wedding ring **must** be removed prior to your procedure.
 - If you are unable to remove a ring, we recommend that you visit a jeweler to have it removed.
- You may wear your eyeglasses, contact lenses, dentures or hearing aid to the hospital but bring the appropriate storage cases, as they will need to be removed before surgery.
 - Give these to your family member for safekeeping.
- Crutches or walking devices may be left in your car unless you need them to walk to the surgical area.
 - A transport staff member will assist in safely getting you from the surgical area to your vehicle after your procedure.
- Bring x-rays, MRI or any other imaging studies with you.
- For your comfort and ease in dressing, please wear loose, comfortable clothing.
- If your surgery requires an overnight stay, please have your suitcase brought to your room after your procedure.
 - It is best to leave your overnight bag in your car since there is no storage in the preoperative area. Room assignments are made once you are in the recovery room.
- Take only the medications that you have been instructed to take with a small sip of water the morning of surgery.
- Bring a list of medications, dosages, and last time they were taken.
- Please bring a copy of your advance directive/living will.



After Your Procedure



You will be given written instructions for post-surgical care and diet prior to discharge from the hospital. You also may be given prescriptions for new medications or prescriptions for additional testing. For your convenience, you may have your new prescriptions filled by Walgreen's Pharmacy while still in the hospital. If interested, please ask a nurse for assistance with this.

Pain after surgery is common and is to be expected. If you are given a prescription for pain medication, please take it as prescribed. Your discharge instructions will include information about how to handle any discomfort you may have at home. With anesthesia, you may also experience nausea and vomiting, this usually decreases quickly following surgery.

Plan on resting while you are home. You may not feel ready to return to your daily activities the next day. Please try to schedule suitable time for recovery.



Follow up with our surgeon and/or primary care physician as directed on your discharge instructions. Please call your surgeon's office if you have any questions or concerns about your recovery.



Visitors And Surgical Waiting Room

It is highly recommended that you designate one family member/friend to communicate with the doctor and nursing staff. This person should also be responsible for communicating information to other family members.

- Your family/friends will be requested to wait in the surgical waiting rooms closest to the operative room (OR) where your procedure will take place.
- The doctor will either phone or meet with your family/friends in the surgical waiting room following your procedure.
- The greeter in the surgical waiting room will assist your visitors. Please inform the greeter which person is the one to contact when you are out of surgery and provide this persons contact number.
- It is recommended that the visitor who will accompany you home following surgery is present to listen to your discharge instructions. Feel free to ask the nurse any questions related to your care or surgical experience.
- If you are an outpatient, please provide a phone number for the person who will be driving you home. The nurse will call them when you are ready for discharge.

We attempt to run a prompt and efficient OR schedule, but unforeseen circumstances can affect surgery schedules, and cause delays. Occasionally some procedures may take longer than expected. Please be aware that in addition to your estimated surgery time, additional time is required for preparation in the OR and recovery in the post-anesthesia care unit (PACU).

Visitors

One visitor may accompany you in the pre-op area (prior to surgery) and the post-op area (following surgery, and after recovery in PACU). Visitors will be informed when it is appropriate to visit you following your surgery. Additional family and friends are welcome to wait in our designated surgical waiting room.

Children are not permitted in the pre-op and post-op areas. It is strongly recommended that you make babysitting arrangements for your children. Children are allowed to stay in the surgical waiting room but must be attended to by an adult at all times.

Post Anesthesia Care Unit (PACU)

After surgery you will be taken to the recovery room, known as the PACU. Many patients in the PACU are returning to consciousness; therefore, it is important that Holy Cross creates a quiet and calm atmosphere.

Post-Operative Area/Phase II

If you are being discharged home the same day as your surgery, you will be transferred to our Post-Op unit for a short stay. If you have family/friend waiting, they may come back to see you at this point. Please keep visitors to a minimum as a restful environment helps the healing process. Unless contraindicated by your type of surgery, you will be offered something to drink and assessed if you need to go to the bathroom prior to discharge. Your discharge instructions will be reviewed and you will get dressed prior to discharge.

MEDICATIONS PRIOR TO SURGERY

Review this list with your Surgeon/Physician



- **STOP HERBAL AND SUPPLEMENTAL MEDICATIONS 14 DAYS PRIOR TO SURGERY** or upon being scheduled for surgery if less than 14 days.
- You **may** take Tylenol (Acetaminophen) if you require pain medication and are not allergic.

Please **STOP** the following medications:

- **Coumadin** stop 5 days prior to surgery unless otherwise directed by your cardiologist/surgeon. []
- **Plavix/Clopidogrel, Brilinta, Effient** stop 5 days prior to surgery unless otherwise directed by your cardiologist/surgeon. []
- **Xarelto, Pradaxa, Eliquis, Savaysa** stop 48 hours prior to surgery unless otherwise directed by your cardiologist/surgeon. []
- **Aspirin and Aspirin containing products** stop 5 days prior to surgery unless otherwise directed by your cardiologist/surgeon. []
- Do **not** take **your morning insulin** or **oral diabetic medications** unless specifically indicated. []
- **Insulin pump** patients please continue the basal infusion rate with **NO** bolus infusion. []
- Please **do not** take **water pills/diuretics**. []

Medications to take the day of surgery: Your surgeon or primary care physician will provide this information.

ONLY TAKE THIS MEDICATION WITH A SIP OF WATER.

Please note the medications to take the morning of your surgery here:

Name of medication: _____

Name of medication: _____

Name of medication: _____