

Shhh...

Keeping it quiet for a better stay

During your stay, our aim is to maintain a quiet, peaceful environment:

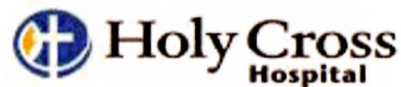
- Keep doors closed during the day and at night.
- Please keep your television volume low.
- We encourage your guests to visit however we ask you to be respectful of other patients on the unit.

Noises to be aware of:

1. **IV Pump:** IV fluids are ordered after surgery and are delivered through a pump. Please call your care-giver if alert tones are heard from the pump.
2. **Ice Cooler:** Ice coolers may be used after surgery. Care-givers will refill them during the day and at night.
3. **AVI/SCDs:** Communicate alert tones from compression devices to your care-givers.

The 4 West Orthopedic Unit is committed to provide the highest quality patient care to you and your loved ones.

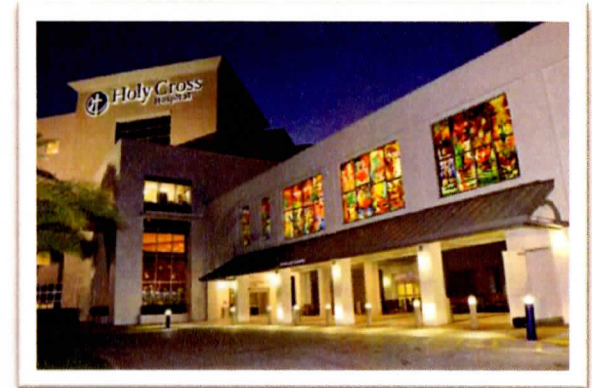
Thank you for choosing Holy Cross Hospital for your surgery. We look forward to caring for you!



Form #3298 11/26/2012

Designed by the 4 West UBC

Welcome to Holy Cross Hospital 4 West Orthopedic Unit



Information about your visit after surgery



Welcome!

Holy Cross Hospital Orthopedics is glad that you have chosen to come to us for your care and therapy after surgery. In order to prepare for your visit, we want you to be aware of what goes on after surgery—and how we can make your stay as pleasant as possible.

Some information about...

Medications: The hospital pharmacy will provide you with your medications during your stay.



Care Boards: There will be a board in your room where we will write information regarding therapy times, daily goals, medication side effects, time of next pain medicine due upon request, the day of discharge, and care-givers phone numbers. This board will be updated daily.



Rounding: Care-givers will be making rounds on you every hour during the day and every two hours during the night.

Laboratory Tests: Blood tests will be drawn between 4:00-6:00am. This is to ensure that the results are available for the physicians on their morning rounds.

Communication: You will see your care-givers frequently but it is important you always feel in touch. Phone numbers are provided on the care board so that you can always communicate with your care-giver.

Vital Signs: Vital signs are an important way in which we monitor your health. They will be taken frequently after surgery.

Incentive Spirometer (IS): A breathing device to help promote normal lung function. We encourage hourly use while awake.



IV Antibiotics: You will receive antibiotics after surgery to prevent infection.

AVI/SCDs: Our goal is to prevent blood clots. The compression devices should be worn during the day and throughout the night.