

Preparing for surgery



**Ascension
Sacred Heart**

Ascension Sacred Heart

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Important information

Patient: _____

Surgery date: _____

Surgery time: _____

Location: _____

Check-in time: _____

Post-op appointment: _____

Due to unavoidable circumstances, your surgery date/time may be subject to change. This is infrequent, but may happen. If a change in your date/time must occur, you will be notified.

We know that you have many questions about your surgery and what to expect. The following pages contain answers to the questions most commonly asked by our patients and their families. Please take time to carefully read through the material.

Important numbers: For questions regarding gynecological surgeries, please contact your surgery scheduler. For questions regarding obstetrical deliveries, please contact your provider's office.

Surgery packet

- It is very important that you read and follow pre-surgery and post-surgery instructions.
- If you have additional questions regarding your surgery, please contact the office.

Preparing for surgery

Scheduling your surgery

Please keep in mind that the surgery scheduling process may take 5-7 business days.

- The surgery scheduler will be contacting you within 24-48 business hours of receiving the surgical order from your provider for an update on your scheduling process.
- The scheduler will contact the hospital and coordinate a surgery date according to the surgeon's and the operating room's availability.
- Surgeries are not scheduled on weekends. Surgical days are also limited to the provider's operating room schedule.
- The surgery scheduler will schedule your postoperative appointment with your provider's office once your surgery date is confirmed.

Any labs required before surgery must be completed within 5-7 days of surgery. EKGs are accepted if performed within the past year and no acute problems have occurred. If required, any preoperative clearance from a provider, such as a cardiologist, neurologist, etc., should be completed and faxed to our office within 3-5 days. Please note, this is considered the patient's responsibility to ensure they have completed any preoperative appointments with another provider's office and it has been sent to your OB-GYN provider's office.

Please submit any FMLA or disability paperwork to your provider's office.

- Allow 5-7 business days for completion.
- Patient paperwork is completed free of charge. Paperwork for family members requires a payment before completion.

A pre-admission testing (PAT) nurse will call you 1-4 days prior to your surgery. The PAT contact number is 850-278-3811. PAT business hours are 8 a.m.-4:30 p.m., Monday-Friday.

Financial

We will bill your insurance company based on services performed by your provider only.

- Hospital and anesthesiology fees are separate from your provider.

The surgery scheduler will contact your insurance company to obtain an authorization if required and notify you of any deductibles and payment arrangements offered.

- Please verify that you have the most updated copy of **all** your insurance cards and plans on file with the office.
- If you have any changes in your insurance after your surgery is scheduled, it is your responsibility to notify your provider's office and the surgery scheduler. Failure to do so may result in canceled or postponed surgery.
- Please be aware that any deductible or copayment will be collected prior to or on the day of surgery.

Self-pay

Please be aware that payment is required before your surgery can be scheduled. Please contact your surgery scheduler for more information.

Contact Ascension Sacred Heart Customer Service at 800-566-5050 for additional information. The Self-Pay Estimate Line is 850-416-4043.

Ascension financial assistance

If you're uninsured or have trouble paying for healthcare, Ascension may be able to help through financial partnerships and resources.



Please scan the QR code for more information on Ascension financial assistance

Preoperative instructions

- Do not eat or drink anything for at least 8 hours prior to your surgery. This includes water, gum, candy, and tobacco products.
- Do not wear jewelry, nail polish, contact lenses, lotion, or makeup.
- Wear comfortable, loose-fitting clothing.
- It is recommended that you do not smoke or consume alcohol for at least 3 days prior to surgery.
- Discuss the discontinuation of blood thinners with your doctor.
- Discontinue anti-inflammatory medications (ibuprofen, Advil, Motrin, Midol, etc.), prescription or over-the-counter supplements and herbal supplements 7-10 days before your scheduled surgery.
- Take your daily prescribed heart, asthma, thyroid, seizure, or pain medications as discussed with your doctor, with just enough water to swallow them.
 - Talk to your doctor if you are on medication for diabetic management.
 - Talk to your doctor if you are on medication for blood pressure management.
- Bring containers for eyeglasses, dentures, hearing aids, contacts and solution, and place these items in their containers before entering the operating room.
- Shower or bathe as directed with antimicrobial soap and pat completely dry with a clean towel prior to your surgery. Wear clean sleepwear.
 - Hibiclens is an antiseptic skin cleanser that helps reduce bacteria that can potentially cause disease. It can be purchased from Walmart or most drugstores. Put Hibiclens on your skin and rub it in gently for five minutes with a washcloth. Rinse very well with warm water. Do not use your regular soap after using Hibiclens.
 - Do not use Hibiclens on the perineal area.
- Do not shave for at least 2 days prior to surgery.
- If you experience a change in your health within 7 days of your scheduled surgery — such as a cold, cough, fever or a wound — contact your doctor’s office immediately.

Preoperative checklist

- Bring your insurance cards and photo ID.
- If applicable, please prepare any advance directives, living will and/or healthcare power of attorney documentation.
- Prepare a list of your current medications, including dosage and when you take them.
- Prepare your payment method for any deductible or copayment.
- Who will be driving you home? You must have a responsible adult — someone 18 or older — present during the entire surgery process from admission to discharge. This person must also be available to drive you home and care for you during your recovery. Failure to comply with this requirement will result in a cancellation of your surgery.
- Who will be staying with you at home for the first 24 hours? For your safety, someone must be with you for the first 24 hours following your procedure.
- Will your home be safe and easy to get around in after your surgery? Have someone help you clear indoor and outdoor walkways of clutter and obstacles such as plants, furniture, or small rugs. Place items you use every day within easy reach.
- Know where you would like to get your prescription medications after discharge. Please let your provider know the outside pharmacy of your choice.
- Bring this booklet with you!





Parking and check-in

To ensure a smooth registration process, please arrive 2-3 hours before your scheduled surgery. It is important to allow ample time for parking and check-in. Your check-in area will be different based on which surgical facility your procedure will be performed at:

Surgery Department

- Enter through the main hospital entrance and proceed to the check-in area on the right.

If you have questions about where to report on the day of surgery, contact your surgery scheduler or your provider's office.

In the hospital

- A patient identification band will be placed on your arm for your safety. Please check to see that it is accurate. This will be checked often as you progress through your surgery process.
- Once your team is ready, you and one member of your family, if desired, will be brought to the pre-surgery area. Here, the nurses and anesthesiologists will check you in and make sure everything is set for your surgery.
- Please check with the hospital regarding any visitor restriction policies in place.



After surgery

Outpatient surgery

- After outpatient surgery, you should be able to go home within 1-2 hours. You should not drive for at least 24-48 hours after outpatient surgery, so you should arrange to have someone drive you home when you are discharged.
- Your pain will be assessed by the nursing staff on your unit regularly on a scale from 0 to 10. Pain assessment is necessary to guide your pain relief. It is essential that you are able to take deep breaths, cough and move.
- Focus on staying hydrated and walking. Gradually resume normal activities as tolerated. No strenuous activity or heavy lifting is allowed until after your postoperative visit.
- Do not lift anything that weighs more than 10 pounds. A gallon of milk weighs almost 9 pounds.
- Do not drive while you are still taking prescription pain medications.
- Expect to experience fatigue during your recovery process.

Inpatient surgery

- You will likely be discharged home on day 1 or 2 of post-op as long as you are meeting all your milestones.
- We expect you to get out of bed with the nurses' or assistants' help, sit in a chair for 6 hours and start to move about in the hallways.
- The second day after surgery, we expect you to be out of bed for the majority of the day and walk at least 3 times with assistance as needed.
- You will meet with a case manager to assess your discharge needs, including home nursing.

Discharge

You will be discharged after your provider completes rounds and places your discharge orders. Discharge time is usually at 5 p.m. You will need to make arrangements for someone to accompany you home. You will not be released without someone present.

Please keep in mind that we strive to get patients discharged as quickly as possible, but there may be delays for a variety of reasons related to your healing process.

Discharge checklist

- You have received detailed discharge instructions, with information about your operation and medications.
- Be sure to discuss any limitations and when you can resume normal activities.
- Speak with your provider about when you can start eating regularly.
- If there is a dressing on your wound, ask your provider when it can be removed.
- Please notify your provider of the pharmacy you want your prescriptions sent to.
- The surgery scheduler will schedule your follow-up appointment with your provider's office.
- Collect all of your personal belongings prior to leaving.
- Make note of any questions you have prior to discharge at the end of this booklet.

In the event of an emergency, such as severe abdominal pain, chest pain, shortness of breath or any other acute issues, call 911 and/or go to the local emergency room.

Concerns after discharge

Call us immediately if:

- You have a fever higher than 100.4 degrees.
- Your wound is red, more painful, has drainage or a foul odor.
- You are nauseated, vomiting or can't keep liquids down.
- Your pain is worse and not able to be controlled with the regimen in your discharge instructions.
- You are soaking through at least 1-2 pads an hour for more than 2 hours.
- You become lightheaded or dizzy.
- You are bleeding heavily or have an excess of fluid coming from your vagina.

If you are on narcotics, the goal is to wean you off of them as soon as possible. Florida law (Chapter 2018-13) only allows a 3-day supply to be prescribed.

Bowel function

- Your bowels will take several weeks to settle down and may be unpredictable, but will get back to normal with time. Make sure you eat nutritious meals, drink plenty of fluids and take regular walks during the first 2 weeks after surgery.

Hysterectomy

- You should have pelvic rest for at least 6-8 weeks or as specified by your doctor after surgery.
- You should have nothing in the vagina (no tampons, douching, intercourse, etc.) during this time period.
- No heavy lifting (anything greater than 10 pounds) for 6-8 weeks.
- If you have some vaginal spotting, this is normal. If you have heavy bleeding or a lot of fluid from your vagina, this is **not** normal and you should contact the office immediately or go to the local emergency room.



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