

PREPARING FOR SURGERY

at Central Florida Regional Hospital



Thank You for Selecting Central Florida Regional Hospital for Your Surgical Care.

Our experienced staff will strive to provide you with high quality care in a safe and pleasant environment. If there is anything we can do to make your stay more comfortable, please let us know. After your discharge, you may receive a call to participate in a patient satisfaction survey. Please let us know how you feel about your experience and what we might do to improve our care.

As you are preparing for your surgery, it is perfectly normal to feel anxious and have questions. Rest assured that our team of surgeons, anesthesiologists, nurses and other healthcare team members understand and want you to be comfortable and fully prepared for this experience. Depending on the type of procedure, you may require hospitalization or a brief recovery period before you recuperate at home. The information in this booklet is designed to answer many of your questions about preparing for surgery and what to expect on the day of your procedure. Please follow specific instructions given to you by your surgeon.

Preadmission Testing

If your surgery requires anesthesia or IV sedation, you may need to have routine preadmission testing (PAT). During your PAT appointment, our medical professionals will complete your health history, lab and other diagnostic requirements such as x-rays, and review preoperative teaching. If no lab or diagnostic testing is required, a PAT nurse will contact you by phone prior to surgery to obtain a health history. Please have a list of your medications and insurance cards available. Prior to surgery, patients must sign a consent form. If you have an advanced directive or living will and would like it to be part of your medical record, please bring it with you. If you have durable power of attorney, those forms will also be needed.



Pre-operative Instructions

There are several things you need to do to assure your surgical experience is safe, timely, and without delay. These preoperative instructions are very important.

1. DO NOT eat or drink anything after midnight the night before your surgery/procedure, unless otherwise instructed by your admitting physician or anesthesiologist. This includes water, coffee, gum, mints or candy. Failure to follow these instructions may result in a delay or cancellation of surgery. You may brush your teeth without swallowing water.
2. If you have been instructed by your admitting physician or anesthesiologist to take medication by mouth the morning of admission, please take these medications with a small sip of water.
 - If you use inhalers, bring them with you and take them to surgery.
 - Blood pressure and heart medication need to be taken according to MD prescription. DO NOT hold these medications.
 - Diabetes medications should NOT be taken on the day of the procedure.
 - Follow any instructions you have been given regarding discontinuation of aspirin, anti-inflammatory medicines, herbal medicines, or other blood thinning medications, such as Coumadin and Plavix.
3. You will be asked to remove dentures, partial plates, contact lenses, or any other prosthesis prior to surgery, including but not limited to eyeglasses and hearing aids. To prevent injury and/or accidental loss, you may not wear these items to surgery. Bring appropriate storage containers and/or solutions for prosthetic devices.
4. Wear casual, loose fitting clothing and take into consideration the possibility of returning home with bulky dressings, a cast, or splint.
5. Do not wear makeup, nail polish, or hair pins. Remove jewelry including all body piercings.
6. To prevent loss, leave all valuables at home. Do not bring jewelry or cash.
7. Leave luggage and belongings in the car. A family member can bring it to your room after surgery.
8. Bring available crutches or walker, if applicable, to your surgery.
9. Patients under the age of 18 MUST have a parent or legal guardian sign the consent form and remain throughout surgery. Adult-age patients that are unable to sign for themselves must have their legal guardian or durable power of attorney accompany them and bring legal documents to the hospital.
10. You MUST have a responsible, licensed adult drive you home. Legally, you may not drive for 24 hours following sedation of any kind. It is also recommended that you have a responsible adult spend the night with you. Please supply your nurse with this person's phone number.
11. Notify your surgeon prior to surgery if you experience a change in your physical condition such as a cold, flu, bladder infection or a fever.
12. Smoking increases your risk of certain surgical complications. It is best to stop smoking six weeks before your surgery.
13. If you are on a CPAP at home, please bring the unit with you on the day of surgery.

What to Expect on the Day of Surgery

Where to Go When You Arrive at the Hospital

Enter the hospital through the main entrance of Central Florida Regional Hospital facing Lake Monroe and check in at the Information desk in the lobby. Our Guest Relations staff will notify our Surgery Department of your arrival.

Physical Assessment

Before surgery, a nurse will complete a physical assessment including taking your vital signs and completing any preoperative workup that is required

by your physician. Please have available a list of current medications, previous surgeries, allergies, and other pertinent health information. At this time, the nurse, along with our Anesthesiology Department, will answer any questions you may have about your surgery. Your surgeon may also visit with you.

During the assessment, you will be screened using a post-operative nausea and vomiting risk assessment. Dependent on this assessment, you may be given medications ahead of time to assist in the control of post-operative nausea and vomiting. One of the medications given for this may be a Scopolamine patch. This patch is placed behind the ear. This patch may stay on post-operatively. Remove the patch after 24 hours and place it in a plastic sandwich bag to discard. Since Scopolamine can cause dilation of the pupil and blurred vision upon direct eye contact, patients are strongly advised to wash hands thoroughly and immediately after handling the patch.

Patient Safety Measures

a. Patient Identification - To help ensure correct patient identification, your arm band will be checked and you will be asked to verify your name and the procedure you are having performed. This information will be asked frequently by all care providers. This is for your safety.

b. Marking the Surgical Site - Before your surgery, the physician will mark your surgical site if it involves laterality, spine levels, etc. to ensure your entire surgical team is aware of the correct surgical site. This is another step we take to ensure your safety.

c. Time Out - Prior to incision, the entire operating room team including surgeon, anesthesia, RN, surgical assistant and surgical technologist will stop everything and re-verify your identification, observe surgical site marking, and re-verify the surgical site marking and surgical procedure.



Anesthesia

Anesthesia is needed so that your physician can perform the operation or procedure. All forms of anesthesia involve some risks and no guarantees or promises can be made concerning the results of the procedure or treatment.

ALTHOUGH RARE, SEVERE UNEXPECTED COMPLICATIONS CAN OCCUR WITH EACH TYPE OF ANESTHESIA, INCLUDING THE POSSIBILITY OF INFECTION, BLEEDING, DRUG REACTIONS, BLOOD CLOTS, LOSS OF SENSATION, LOSS OF VISION, LOSS OF LIMB FUNCTION, PARALYSIS, STROKE, BRAIN DAMAGE, HEART ATTACK OR DEATH.

Anesthesia is administered by **Lake Monroe Anesthesia**. Your anesthesia care team includes board certified anesthesiologists and Certified Registered Nurse Anesthetists (who work under the direct supervision of an anesthesiologist), all of whom are credentialed to provide anesthesia services at Central Florida Regional Hospital.

You will meet with your anesthesia provider in the Pre-Anesthesia area prior to surgery and he or she will review the anesthesia plan and answer any further questions. Providing your health care providers with a complete medical history including any medications you are taking, both prescription and over-the-counter, is very important. Use of herbal remedies, alcohol, or any type of illegal drug may result in serious complications and must be disclosed. It is also important to disclose any complications you experienced with anesthetics in the past.

General Anesthesia

Expected Result: Total unconscious state, possible placement of a tube into the windpipe

Technique: Drug injected into the blood stream, inhaled into the lungs, or by other routes

Risks: Mouth or throat pain, hoarseness, injury to mouth or teeth, awareness under anesthesia, injury to blood vessels, vomiting, aspiration (passive/active), pneumonia

Spinal or Epidural Analgesia/Anesthesia

Expected Result: Temporary decrease or loss of feeling and/or movement to lower part of the body

Technique: Drug injected through a needle/catheter placed either directly into the fluid of the spinal canal or immediately outside of the spinal canal

Risks: Headache, backache, buzzing in the ears, convulsions, infection, persistent weakness, numbness, residual pain, injury to blood vessels, "total spinal"

Monitored Anesthesia Care

Expected Result: Reduced anxiety and pain, partial or total amnesia

Technique: Drug injected into the blood stream or by other routes producing a semi-conscious state

Risks: An unconscious state, depressed breathing, injury to blood vessels, aspiration (passive/active)

Major/Minor Nerve Block

Expected Result: Temporary loss of feeling and/or movement of a specific limb or area

Technique: Drug injected near nerves providing loss of sensation to the area of the operation

Risks: Infection, convulsions, weakness, persistent numbness, residual pain requiring additional anesthesia, injury to blood vessels, failed block, nerve damage

Intravenous Regional Anesthesia

Expected Result: Temporary loss of feeling and/or movement of a limb.

Technique: Drug injected into veins of arm or leg while using a tourniquet

Risks: Infection, convulsions, persistent numbness, residual pain, injury to blood vessels

Family and Visitors

While you are in surgery, your family and visitors may wait in the Surgery Waiting Room. This room is located on the first floor, directly across from our surgical suites and next to Labor and Delivery. Wi-Fi is available throughout the hospital.



SurgiTrakSM

SurgiTrakSM is a convenient, completely HIPAA-compliant service that allows pre-surgery patients to identify ahead of time which family members and friends they would like to receive text messages or e-mails about their status as they move through pre-op to recovery. SurgiTrakSM messages can be sent to any mobile device such as a smart phone, tablet, or any other computer or laptop with an internet connection. For more details or to sign up, speak to a registration representative.

OR Tracker

An "OR Tracker" is mounted on the wall in the Surgery Waiting Room. The tracker allows your family or visitors to visualize where you are in the surgical process. The patient is identified by the first letter of first name, followed by the first three letters of the last name. Other fields on the tracker are physician, time, and location.

Waiting Room Tracker Location Definitions

"In Preop" - The time before the patient is placed in a room in Surgery.

"In Holding" - The area the patient might go to from Surgery for approximately 30-60 minutes.

"In Operating Room" - The time the patient goes into the Operating Room. Time for surgery varies based on the type of procedure.

"In Recovery Room" - The time when patient enters our Post Anesthesia Care Unit (PACU) where he/she will remain for approximately 60 minutes immediately following surgery.



"Out of Recovery – In Room" - The time the patient left PACU and was taken to the Inpatient Nursing Unit location.

"In Post Recovery" - The time the patient is taken back to the Outpatient Phase Two Recovery area. Families/friends are welcome to stay with the patient in this area during this phase of recovery.

After Surgery

After surgery you will be taken to the Recovery Room (Post Anesthesia Care Unit). The surgeon may call or visit your family to let them know how you are doing. In the recovery room, noises may sound louder than usual. You may experience blurred vision, chills, nausea, or a dry mouth. A nurse will check your dressing and blood pressure often. You may have an IV or other tubes. Your surgery site may hurt or burn and pain medication may be given to you. Each patient's reaction to anesthesia is a bit different, so recovery times vary.

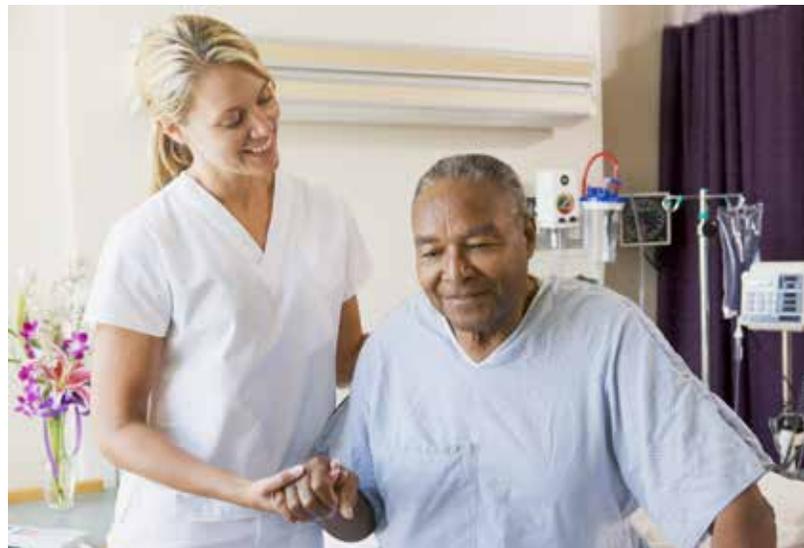
If you require post-surgery hospitalization, you will be assigned a room and transferred when your condition allows. If you are released to recover at home, you will be monitored until we feel it is safe for you to leave. Most patients require a minimum of one hour in the recovery room. If you are having outpatient surgery, you will be returned to the Outpatient Surgery area.

You will be encouraged to take deep breaths and cough to help clear your lungs. Your nurse may ask you to move around in your bed. This is done to help your recovery. It is recommended that you repeat the following exercises every 1-2 hours until you are up and around:

- Inhale as deeply as you can, then hold for 1 to 2 seconds
- Exhale completely and repeat several times
- Produce a deep abdominal cough (not a shallow throat cough) by short, sharp breathing out. The incision may be splinted with hand or pillow.
- Flexing the knees relieves strain on the abdominal muscles. You may be asked to do this frequently by your recovery room nurse until you are fully awake.

You will want to maintain good circulation by changing your position. To turn more easily, please use these helpful hints:

- Bend one knee, placing foot firmly on the bed.
- Lift opposite arm overhead (in the direction of the turn).
- Roll onto side, pushing with bent leg using bedrail



if needed.

- If you need assistance, your nurse will be happy to assist you. Promote good circulation in your legs by exercising your feet and legs.
- Push the toes of both feet toward the foot of the bed. Relax both feet.
- Pull toes toward your chin. Relax both feet.

Your physician will determine when you can get out of bed. It is very important that you have assistance getting out of bed the first time and when you begin walking.

When the physician says that you may begin eating, you will probably start on liquids. Later, your diet will be advanced as ordered by the physician.

While you are in the Outpatient Surgery area, you will be assessed until you meet all criteria for discharge to home. Upon discharge, you will receive written instructions for your care at home.

As a reminder, anesthesia can cause drowsiness and amnesia for up to 24 hours after surgery. Therefore, for your safety, you will not be allowed to drive home after surgery or for the next 24 – 48 hours depending on the type of anesthesia used. Your safety is of utmost importance to us, so be sure to make arrangements for an adult to drive you home and stay with you for 24 hours.

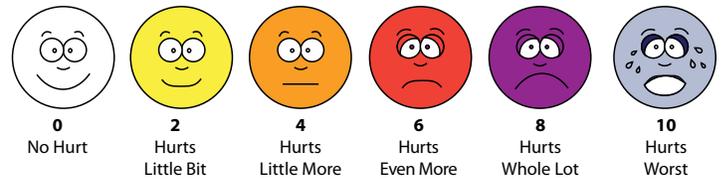
Pain Management

Pain is a discomfort that alerts you to the fact that something is wrong with your body. Pain results from any condition that stimulates sensors in your body that detect pain. Examples of conditions that can cause pain include trauma to skin, tendons, bone, muscles, and nerves as well as infections, bleeding, and tumors. Unrelieved pain may cause suffering which can lead to other health problems and delay in recovery.

Central Florida Regional Hospital is concerned about your health and well-being. Our pain management goal is to control your pain, helping you become a partner in your care and comfort. Keeping your pain under control will help you eat better, sleep better, move around more easily, and visit with your family and friends.

We have developed a pain management program to ensure you get adequate relief from pain. We will ask you to rate your pain using two types of pain scales. One is a score of 1 – 10 with 10 being worst pain. The other scale is a Wong Baker FACES Scale.

What Is Your Pain Level Today?



Wong-Baker FACES Pain Rating Scale.

Prescriptions Delivered Bedside

For your convenience, Walgreens offers a free bedside medication delivery service to our inpatients. If you choose, the prescriptions your physician orders for you can be delivered directly to your hospital room upon

discharge. Deliveries are available Monday- Friday 9 a.m. until 5 p.m. by calling (407) 272-0222. After hours or on weekends, call Walgreens at (407) 710-3118 or ask your nurse for assistance.

Fall Safety

Falls happen because of a combination of factors. You can help to reduce your risk of a fall by doing the following:

- Use the call light for assistance.
- Sit on the side of the bed for a few minutes before you stand. Look straight ahead as you stand.
- Wear non-slip shoes or non-skid footwear. The hospital provides nonslip socks.
- Walk close to the wall and use the handrail for safety.
- Ask that a dim light remain on at night to light the

path to the bathroom.

- Do not lean on equipment with wheels.
- Keep personal items such as phone, TV remote, urinal, etc. in reach.
- Wear glasses or hearing aids if you have them.
- Pull the emergency cord while in the bathroom if you need assistance.
- Tell your nurse if you use a walker, cane, wheelchair, or bedside commode.

Prevention of Surgical Site Infection

Healthcare associated infections may occur as a result from care received in hospitals and other healthcare facilities. At Central Florida Regional Hospital, infection prevention is a high priority. We use many practices known to prevent and reduce the risk of infections. Sometimes infections may occur as a result of the treatment. We encourage our patients to speak up and ask questions about the care they receive. As a patient or visitor, there are steps you can take to prevent the spread of infection. This guide shows you how to help prevent surgical site infection.

What is a Surgical Site Infection (SSI)?

A surgical site infection is an infection that occurs after surgery in the part of the body where the surgery took place. Most patients who have surgery do not develop an infection. However, infections develop in about 1 to 3 out of every 100 patients who have surgery. Some of the common symptoms are worsening redness and pain around the area where you had surgery, drainage of cloudy fluid from surgical wound and fever over 100.5.

Can SSIs be treated?

Yes. Most surgical site infections can be treated with antibiotics. The antibiotic given to you depends on the bacteria (germs) causing the infection. Sometimes patients with SSIs also need another surgery to treat the infection.

What are some of the measures hospitals are taking to prevent SSIs?

To prevent SSIs, doctors, nurses, and other healthcare providers:

- Clean their hands and arms up to their elbows with an antiseptic agent just before surgery.
- Wash their hands or use an alcohol based rub before and after contact with you.
- May remove some of your hair immediately before surgery using electric clippers if the hair is in the same area where the procedure will occur. You should not be shaved with a razor.



- May administer special antibiotics before and after surgery for a limited duration.
- Wear mask, cap, gown, and gloves during surgery.
- Clean the skin at the site of the surgery with a special soap that kills germs.

What can you do to help prevent an SSI?

To help decrease your risk for getting an infection after surgery:

- It is recommended that you bathe or shower the morning of surgery.
- Sleep on freshly laundered sheets the night before surgery.
- Do not sleep with pets the night before surgery.
- Tell your physician about other medical problems that you may have. Health problems such as allergies, diabetes, and obesity can affect your surgery and treatment.
- Quit smoking. Patients who smoke get more infections. Talk to your physician about how you can quit before surgery.
- Do not shave near where you will have surgery. Shaving with a razor can irritate your skin and make it easier to develop an infection.

Financial Arrangements

Your surgery fee will be based on the time you spend in the surgery and recovery rooms, as well as the supplies and services required to care for you. In addition to your hospital bill, you will be billed by all physicians who cared for you, such as the surgeon and anesthesiologist.

A portion of your bill is due at the time of service (i.e. co-pay, co-insurance, or deductibles). We will ask for a deposit unless your insurance documentation notates otherwise. A representative from our Business Office

will contact you prior to your surgery to obtain all of the necessary registration information.

Central Florida Regional Hospital participates in many insurance plans and managed care contracts. A financial counselor may contact you prior to your stay regarding your portion of the hospital bill. If you anticipate difficulty financing your hospitalization, please contact the financial counselor at (407) 321-4500, ext. 5229 or ext. 5234 to make payment arrangements.



Patient Portal

Central Florida Regional Hospital provides an online Patient Portal that is easy to use to access information maintained in your hospital electronic health record. Through the Patient Portal, you can obtain information your doctor enters into your record during your hospital stay, including:

- Allergies
- Conditions
- Discharge summaries
- Discharge instructions
- Hospital visit histories
- Lab results
- Medications and instructions
- Radiology reports
- Upcoming appointments

You can access the Patient Portal 24/7 anywhere with internet access, including your smartphone or tablet. Your information is safe – all passwords are encrypted and URLs cannot be replicated. Patient Portal also times out if you leave the page open and unattended.

You can consent to proxy access to your Patient Portal to family members or individuals who support your care by signing a written consent form at the hospital.

To enroll in the Patient Portal:

1. Make sure Central Florida Regional Hospital receives your correct email address during registration. You will also need your medical record number, which is assigned at registration, the first time you log in.
2. Visit CentralFloridaRegional.com and click on the Patient Portal button on the home page.
3. Enter your patient information, including your email address and medical record number provided at registration.
4. When prompted, create a new username and password.
5. Log out and log back in to Patient Portal with your new username and password.
6. If you need assistance with Patient Portal access, call 1-855-870-5350.

Medical Records

Central Florida Regional Hospital patient information is maintained in an electronic health record. Requests for copies of your medical record will be processed by HealthPort, a Centralized Processing Center in Orange Park, Florida. If you are interested in obtaining a copy of your medical records, please visit our website CentralFloridaRegional.com. You will find the instructions and necessary forms on the Medical Records page under the Patients & Visitors tab.



