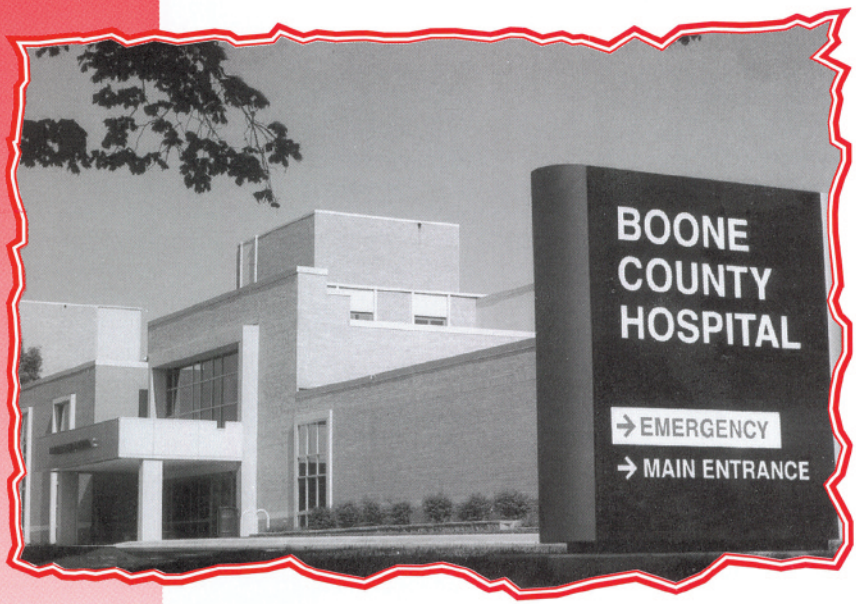
BOONE COUNTY HOSPITAL

SURGERY AND YOU



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INTRODUCTION

Fears and anxiety about surgery are normal. That is why this booklet will help you feel more comfortable and familiar with the procedures of your surgery. We at Boone County Hospital encourage you to talk with members of our staff about any questions and concerns you have. If you would like to get acquainted with the surgery department, we would be happy to give you a tour.

Approximately 2,000 surgical procedures are performed each year by members of the Boone County Hospital health team. Each procedure is conducted by caring and skilled personnel whose main concern is your good health.

GLOSSARY

Before your surgery, we would like to introduce you to some important surgical terms:

Anti-Embolism Stockings - elastic stockings designed to improve your circulation.
Blood Pressure Cuff - an instrument that measures your blood pressure.
Catheter and Drainage Bag - a small tube that may be placed in your bladder to drain urine.
EKG (Electrocardiogram) - wires attached to your chest that help observe your heart rhythm.
I.V. (Intravenous Fluids) - a tube inserted into your arm that gives you needed fluid, blood or medication through a vein.
NPO (or Nothing by Mouth) - no food or liquids after mid-

night, the night before surgery.

Oxygen - a vital substance that may be given to aid your breathing.

Pre-Admission Requirements - any prior notifications required by your insurance company regarding your upcoming procedure/surgery.

Stethoscope - an instrument used to listen to your heart, lungs and abdomen.

Thermometer - (oral, ear, or rectal) an instrument used to measure your body temperature.

Urinal or Bedpan - a device used in place of a toilet if you are unable to get out of bed.

Vital Signs - measurements of your blood pressure, pulse, temperature and breathing patterns.

PREPARING FOR SURGERY

Your physician may order some tests and procedures to be done before your surgery. Some of your tests may be done in your physician's office and others may be done at the hospital. Routine lab tests may include blood and urine examinations to tell us about your current state of health. Your physician may also order a chest x-ray or an EKG. In order to insure the accuracy of all tests, do not eat or drink after midnight on the day before you come in for lab tests. Laboratory hours for non-emergency tests are:

Monday - Friday.....7:00 am to 7:00 pm
Saturday & Sunday.....7:00 am to Noon

Before your arrival at the hospital, you may visit with several health professionals about your surgery. These may include a

surgeon, your physician, an anesthetist and a pre-op nurse. These visits help insure that you will receive the best possible care during your surgery.

A pre-op nurse will call you two to three days before your surgery to go over your insurance information, current health status and other pre-surgery requirements. Please check your insurance policy for any pre-admission requirements and bring your current insurance card with you on the day of the surgery.

THE NIGHT BEFORE SURGERY

For most surgical procedures, it is not necessary for you to be admitted to the hospital until the morning of your surgery. This allows you to sleep in your own surroundings and be well-rested before you come to the hospital.

Boone County Hospital has a van and driver who can bring you and your family to the hospital. If you need transportation please tell the pre-op nurse at least a day or two before your surgery.

IMPORTANT: Do not have anything to eat or drink after midnight on the day before your surgery. This may be referred to as NPO, or nothing by mouth. Having nothing to eat or drink helps your surgery go as well as possible. If you routinely take medication in the morning, ask your physician if you should take it the morning of your surgery.

THE DAY OF SURGERY

On the morning of your surgery you should take a shower to remove some of the bacteria that normally live on your skin. If hair removal is necessary for surgery, it will be done in the surgery department. When you arrive at the hospital, stop at Patient Registration first. You will then be taken to your room. The nurses will give you a hospital gown to wear, take a health history and do a physical assessment in preparation for your surgery.

You will be asked to remove the following before going to surgery: glasses, contact lenses, watches, rings (and other valuables), bobby pins, hair decorations, wigs and lipstick. If you have body piercings, the jewelry should be removed. Your valuables should be kept at home or can be placed in the hospital safe. Rings may be taped on if requested.

Intravenous fluid (an I.V.) may be started in a vein in your arm so that medications or your anesthetic can be given. Whenever possible the area will be numbed.

You or your family will be asked to write "yes" on the place where surgery is planned. This makes sure everyone on the team knows the correct surgery site. Examples include right hand, left arm, left eye, etc.

About an hour before you are scheduled to go into the operating room you may receive an injection that may make your mouth dry. When it is time for your surgery, personnel from the surgery department will take you to the operating room.

PAIN CONTROL

Pain control following surgery is very important for you, your family, and to us. A variety of ways to control pain are possible.

Not all surgical procedures cause pain, but it is very important to us to make you comfortable.

To best control your pain, we first need to know more information. If you are in pain, we will ask you to score it for us - 0 is no pain and 10 is the most pain you could imagine. Children will be shown a frown/smile pain scale with different faces so they can choose the face that best represents their pain level.

Other questions you may be asked about your pain, before or after surgery, include:

Where is the pain located?
What type of pain do you have - sharp, dull, aches?
How long does the pain last?
What makes the pain better?
What makes the pain worse?
How much pain are you comfortable having?

There are many ways to decrease pain - some or all may be used. These methods include:

· Numbing your incision in surgery
· Putting ice on your incision
· Taking oral pills and injectable medication
· Inserting pain catheters in the incision or other locations determined by your surgeon.

IN THE OPERATING ROOM

When you arrive in the operating room, your hair will be covered with a cap, and you will be transferred onto an operating room bed. To keep you comfortable during surgery, a local, regional or general anesthetic will be used. You, your surgeon and the physician/nurse anesthetist will select the type of anesthesia that will best suit your surgery.

A skilled surgical team will care for you during your surgery. Members of this team include registered nurses, an anesthesia provider and your surgeon(s). All of these people will be wearing gowns and masks. Their primary concern is your well being.

Monitoring equipment will be used throughout the operation to watch your vital signs. Some of the equipment used may be a blood pressure cuff on your arm, heart monitoring electrodes on your chest, a temperature strip on your forehead, and a clip on your finger to measure the oxygen in your blood.

THE RECOVERY ROOM

After your surgery, you will be taken to the recovery room or directly back to your room following surgery depending on the type of anesthesia you received. In the recovery room you will be carefully observed until you have recovered from your anesthetic. You will remain in the recovery room until your blood pressure and pulse are stable and you are responding well. This is usually a minimum of one hour. The nurse will check your vital signs often, and you may receive oxygen for

a short time.

If you have a general anesthetic, you should expect to be drowsy for most of the day. If you are an inpatient, you will go from the recovery room back to your room. If you are having same day surgery, you will go to your room in the Same Day Surgery Unit.

AFTER SURGERY

You will remain in the Same Day Surgery Unit until you are free of nausea, have walked and had something to drink. Your vital signs will continue to be monitored until you are discharged. I.V. fluids will be continued until you are able to drink, and your diet will be advanced as tolerated.

Pain medication will be available; please notify your nurse of any discomfort. He/she will ask you to report your pain, using a number or other ways you determine prior to surgery.

To help keep your lungs functioning properly, you will be asked to turn, cough and breathe deeply. To do this, inhale deeply and cough from your abdomen. Holding your hand or a pillow over the incision will help to ease the strain. Periodically, you may be assisted in using an incentive spirometer, which will measure your ability to take a deep breath.

You will receive special discharge instructions from the same day surgery nurse.

You must have someone drive you home. It is also advisable to have a person remain with you the evening after surgery.

FAMILY AND FRIENDS

Your family and friends can be with you until you are taken to the operating room. Once you are in surgery, however, we ask that they wait in the surgical waiting room. Family and friends can tell the hospital Auxiliary Volunteer stationed near the waiting room for whom they are waiting. Our volunteer will let your visitors know when your surgery is over and when you are transferred to the recovery room. Family and friends are normally not allowed in the recovery room.

At the completion of your procedure, your physician will talk to your family about your surgery in a consultation room for privacy. To avoid unnecessary confusion, your visitors should remain in the surgical waiting room until notified of your transfer back to your room. Once in your room, your family and friends may stay with you unless the nurse requests they leave.

If you do not want the surgeon to give anyone the results of your procedure, please tell the pre-op or same day surgery nurse.

POST-SURGERY EXERCISE & ACTIVITY

Anti-embolism stockings may be ordered for your legs. The stockings help promote good circulation. Other special leg-massaging socks may be used until you are able to walk after surgery. These also help prevent blood clots.

The nursing staff will assist you in getting out of bed the first few times after surgery. You may even get up and walk on the day of your surgery. This will help you recover with fewer complications.

You will receive instructions about gradually increasing activity during your hospital stay. Be sure to ask your physician about beginning work or other activities after your surgery (such as driving a car, lifting or walking up stairs). Before you go home you will receive instructions regarding your diet, the care of your incision and other advice related to your care.

We want to make your stay at Boone County Hospital as comfortable as possible. Please feel free to ask questions of members of your health team. It is important to us that you understand and are comfortable with your surgery and care. At Boone County Hospital, we continue to better our community's healthcare by providing you with quality care close to home.

SPECIAL INSTRUCTIONS

Date of Surgery:_____

Arrival Time:_____

Approximate Surgery Time:_____

Procedure to be done:_____

_____

_____

Notes:_____

_____

_____

If you have any further questions or concerns,
please call the pre-op nurse at
(515) 433-8361 or (515) 433-8350.

Hours are 7am to 3pm.

- A pre-op nurse will contact you prior to your surgery. If you have not talked to the pre-op nurse 24 hours prior to surgery, please call the number above.

- You will need to schedule an appointment with your regular physician for a preoperative physical examination.