

Patient Guide to Surgery



UTHealth
Tyler

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Welcome to UT Health Tyler!

We are pleased that you have chosen UT Health Tyler for your upcoming surgery or procedure. Our team is committed to providing you with the highest quality care.

This handbook will provide you and your family with information to make your experience safe and comfortable. Please read the handbook thoroughly, as well as any supplementary material we may have included specific to your surgery. This is designed to provide you with tools, support and relevant information, so you can take an active role in your care.

Please bring this handbook with you when you come to UT Health Tyler. The included information will assist you prior to, during and after your surgery. Thank you, again, for choosing UT Health Tyler!



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UTHealthTylerHospital.com



Preparing for your surgery

Medical clearance
Healthy Connections
Infection prevention
Home preparation
What to bring
Night before surgery
Outpatient surgery



Preparing for your surgery

Medical clearance

Your surgeon may determine that medical clearance is required before your planned surgery. This may include a referral to UT Health Tyler's Healthy Connections preoperative education program or your primary care physician. The appointment may consist of diagnostic testing, such as lab work, an electrocardiogram (EKG), X-ray and/or a complete history and physical examination.

A Healthy Connections nurse or staff member may contact you to:

- Confirm your appointment date and time.
- Instruct you as to what to bring to your appointment.
- Collect insurance and identification information.
- Gather information regarding your medications (including your medication list as outlined to the right and allergies).

Prior to your appointment

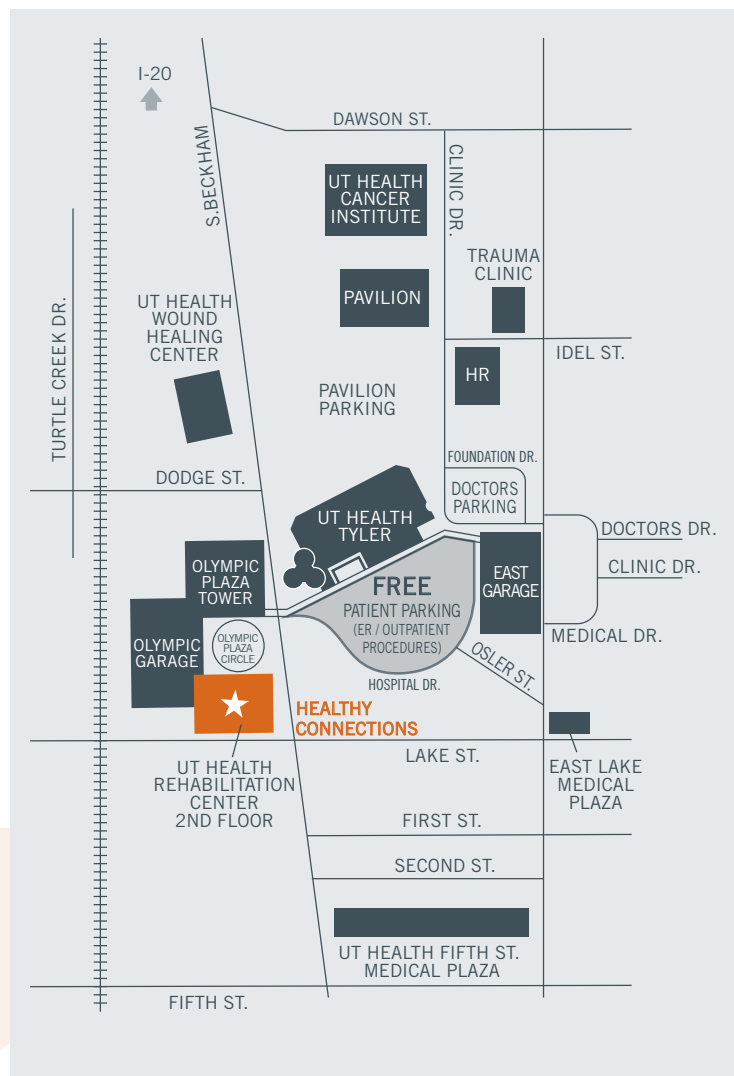
Follow these instructions to prepare for your medical clearance appointment;

- Eat as you normally would. You do not need to fast.
- Take your medication, especially for blood pressure.
- Bring a current list of all medications with dosages, including prescriptions, over-the-counter medications, herbal supplements and/or vitamins.
- Lab work may include a urinalysis. Please be prepared, and do not stop at the restroom before you check in.

When you check in for your medical clearance appointment, you will be asked to provide information, such as:

- Name
- Current address
- Marital status
- Social Security number
- Insurance information, including the name of the primary insurance holder
- Group and policy number from insurance card
- Patient's employer, including name and address
- An emergency contact
- Referring physician and/or primary care physician
- Religious preference

(Your insurance co-payment will be collected at the time of your Healthy Connections visit.)



Healthy Connections Tyler

701 Olympic Plaza

Tyler, Texas 75701

903-531-8109

UTHealthTylerHospital.com

Infection Prevention

A surgical site infection (SSI) is an infection that occurs after surgery. Most patients who have surgery do not develop an infection. Many factors, conditions and diseases may increase your risk for an SSI. You can help lessen your chance of developing an SSI by talking to your physician about medical problems you may have before your surgery.

If you have diabetes, talk with your physician about controlling your blood glucose (sugar) levels before, during and after your surgery. Studies show that controlling blood glucose levels will decrease your chances of complications, including SSIs.

If you use tobacco, talk to your physician about how you can stop using tobacco before surgery. Patients who use tobacco have a higher risk for complications following surgery.

Finally, notify your surgeon if there is a change in your physical condition prior to surgery, such as a cold, fever, persistent cough, rash or other illness.

Hand hygiene

Washing your hands is the best way to prevent the spread of infection. It's important to wash your hands regularly, and ask those around you to wash their hands as well. Alcohol-based hand gels or hand sanitizers are very effective, but use soap and water if your hands look dirty.

As a patient, you and your family should wash your hands often, especially after touching objects or surfaces in a hospital room, before eating and after using the restroom. Your caregivers should wash their hands every time they enter your room. If they do not, please ask them to do so.

It takes only 20 seconds of washing with either soap and water or hand sanitizer to kill germs that cause infection.



Pre-surgery skin preparation

Do not shave the skin near your surgery site.

Shaving will irritate the skin and may increase your risk for infection. If hair removal is needed, the surgical team will use clippers immediately before your procedure.

To remove excess bacteria and reduce your risk for infection, you may be instructed to cleanse your skin with chlorhexidine gluconate (CHG) soap. CHG kills bacteria, and will help prevent infections during and after surgery. CHG is safe and available without a prescription.

While uncommon, a mild, reversible rash may occur. In the unlikely event you develop a rash such as hives, swelling or shortness of breath, stop using the product immediately and notify your healthcare provider. If you have not been instructed to use CHG, please shower with a liquid antibacterial soap the night before and morning of surgery.

Refer to the perforated page located in the back of your booklet for CHG and skin preparation instructions. Please bring the form with you as it will be collected by your surgery prep nurse when you arrive.



What is UT Health doing to prevent SSIs?

To prevent SSIs, the members of your care team wash their hands with soap and water or an alcohol-based hand gel before and after caring for each patient. If you do not see your healthcare provider practice hand hygiene, please ask them to do so.

Prior to surgery, they cleanse their hands and arms with an antiseptic agent. They wear special hair covers, masks, gowns and gloves during surgery to keep the surgery area clean.

You will be given antibiotics prior to your surgery. If hair removal is necessary, it is done immediately before your surgery using clippers. The surgical site will be cleaned with a special soap that kills germs.



What to bring for your surgical stay

We recommend you bring the following for your surgical stay:

- Your Patient Guide to Surgery handbook.
- A current list of all medications (name, type, dosage, frequency), including over-the-counter medications, vitamins and supplements. If you went to Healthy Connections for preoperative clearance, bring the list that you were given at that appointment.
- List of allergies.
- Insurance information, such as your insurance provider, Medicare or Medicaid.
- ID card, such as your driver's license.
- Dentures with denture cup.
- Hearing aids.
- Eyeglasses and case (do not wear contacts).
- Non-skid slippers or shoes.
- Gown or boxer-type pajamas, if staying overnight.
- Robe, if staying overnight.
- Toiletries, if staying overnight.
- CPAP or BiPap machine, mask and tubing for both inpatient and outpatient procedures.
- X-rays, if instructed to do so by your physician.

Please do not bring valuables, such as money, credit cards, jewelry or other items with you. UT Health Tyler is not responsible for such items that you may bring to your room.

Home Preparation

Individual needs vary according to each type of surgery.

Your healthcare team will discuss with you any special preparations you should make before leaving home for surgery. To help make your home safe and comfortable after your surgery, follow these steps:

- ❑ Check your home for tripping hazards, like throw rugs and electrical cords.
- ❑ Assess what items you need from dressers, cabinets and shelves, and place them in a convenient location.
- ❑ Consider boarding your pets or arrange for them to stay with a friend or family member for a few days after you return home.
- ❑ Install night lights in bathrooms, bedrooms and hallways.
- ❑ Arrange for a responsible adult to drive you home after surgery. If you are having outpatient surgery, you will not be allowed to drive yourself home.
- ❑ Arrange for a responsible adult to stay with you for 24 hours or until you are able to care for yourself independently.
- ❑ Consider setting up temporary sleeping quarters on a lower level if your bedroom is upstairs. You may find climbing stairs difficult or tiring.
- ❑ Place clean linens on your bed.
- ❑ Shower chairs and hand-held shower heads can make bathing easier and safer.
- ❑ Make arrangements for mail and newspaper delivery.
- ❑ Prepare meals in advance and place in the freezer. Stock up on foods, toiletries and medications.
- ❑ If your physician has written a prescription before your surgery, have it filled by the pharmacy.

Night Before Surgery

Do not eat or drink anything after 11 p.m. the night before your surgery, unless otherwise directed by your surgeon.

This includes coffee, tea, water, gum, candy, mints or any tobacco products, including snuff/dip. For your safety, your surgery may be canceled if you eat or drink after the time specified.

Outpatient Surgery

Outpatient surgery or day surgery allows patients to have surgery, recover and go home all in one day. No overnight hospital stay is required.

Important things to consider when having outpatient surgery

By law, and for your safety, UT Health Tyler requires that outpatient surgery patients arrange for someone to drive them home. Your surgery may be canceled if you have not established this arrangement upon registration. You will not be able to drive yourself home. A responsible adult must accompany you if you plan to travel home by medical transport. If possible, arrange for someone to stay with you for at least 24 hours after surgery to assist you.

Regardless of the type of anesthesia you receive, you will stay in the hospital until your condition is stable and it is safe for you to leave. In order to be discharged from the post-anesthesia care unit (PACU) or outpatient area, you must meet our established discharge criteria.

You should wait 24 hours after returning home before:

- **Driving or operating heavy machinery.**
- **Making significant decisions or signing important documents.**
- **Drinking alcoholic beverages.**
- **Taking any medication not prescribed or acknowledged by your surgeon.**

Your hospital stay at UT Health Tyler



Day of surgery

Pre-operative area

Anesthesia

Post-anesthesia care unit

Managing your pain

Preventing respiratory problems

Safety

Planning for discharge

Day of Surgery

Wear clothing that is comfortable for your physical condition and can be removed easily. If you are having upper extremity surgery on your shoulder, elbow or hand, a loose button-down shirt is recommended. Loose-fitting sweatpants or shorts are recommended if you are having lower extremity surgery on your knee, foot or ankle. Do not wear contact lenses, jewelry, nail polish, lotion or perfume.

Don't forget your CHG bath before you come to the hospital if you have been instructed to use it. In addition to the CHG bathing at home, you will be given a warm CHG cleansing cloth upon arrival to the preoperative area.

If you are having surgery in the main hospital, please see the map on page 3 for parking information.

Preoperative Area

After registration, you will be escorted to the pre-op area where you will be prepared for surgery. You will change into a hospital gown and a bag will be provided for your personal belongings. Please make sure a family member or friend holds any valuables you may have brought with you.

The nursing staff will measure your temperature, blood pressure, pulse, respiration, height and weight before starting your IV. The nurse will verify the information on the chart and confirm your surgical procedure before you sign a consent form.

Your surgeon will discuss your procedure, answer all your questions and mark the side and site of your surgery, if indicated. The nurse from the operating room will meet with you to confirm your identity and procedure. He or she will discuss what to expect while in the operating room. At this time, please provide a reliable phone number so the healthcare team, including your surgeon, may contact your family to update them about your progress.

Family and friends can wait in the Herd Family waiting room, located on the second floor near the skywalk. (Please see map on page 20.)

Anesthesia

The anesthesiologist and nurse anesthetist (CRNA) will review your medical history and examine you. There will be an opportunity to ask questions before they determine the appropriate anesthesia for your procedure. The anesthesiologist or CRNA and the operating room nurse will escort you to the operating room. The anesthesiologist or CRNA will stay with you from the moment you enter the operating room until you are taken to the post-anesthesia care unit (PACU).

Your family will be updated periodically during your procedure and notified when you will be arriving in the PACU. The surgeon will speak with your family after the procedure.

Post-anesthesia Care Unit (PACU)

After your surgery or procedure, you will be transferred to the PACU. Specially trained nurses will monitor your blood pressure, heart rate, breathing and pain level. The length of time you spend in the PACU will depend upon the type of surgery or procedure, type of anesthesia received and the availability of outpatient, inpatient or intensive care beds.

Visitors are allowed in the PACU under certain circumstances. If permitted, this will be coordinated by your nurse and around your care and other activities in the unit. To maintain our patient's privacy, only two family members may visit the PACU for 10 minutes at a time. Please designate one family member as the primary contact for the staff. The nurse will be in contact with your family in the waiting area regarding your condition in the PACU.

How can I help my healthcare team manage my pain?

Effective pain control is a partnership between you and your healthcare team.

- An accurate account of your home pain regimen will help us to better control your pain while you're in the hospital.
- Tell us what has worked for you in the past. This includes both medication and non-medication treatments (ointments, ice, heat, music, etc.).
- Please notify the healthcare team about pain medications that have caused you problems in the past.

Hospital staff cannot call narcotic pain medication prescriptions into the pharmacy.

You will be given a written or electronic prescription by your surgeon at the office or at time of discharge from the hospital. Prior to discharge, make sure you understand how to manage your pain at home.

Treatment options

In addition to a variety of pain medications, the following also may be beneficial in reducing your pain:

- Relaxation techniques such as meditation or guided imagery
- Chaplaincy visits
- Music



Pain tips

You have a right to pain relief. If you are having problems with pain control, talk with your doctor or nurse. He or she will find ways to help you. So that your nurses and doctors can help you control your pain, here are some questions you may be asked:

- Where is the pain located?
- Do you have pain all the time or just sometimes?
- What makes you feel better and what makes you feel worse?
- How bad does it feel on a 0 to 10 scale with 0 = no pain and 10 = pain as bad as it could be?
- What does your pain feel like? (cramping, dull, sharp, stabbing, tingling, etc.)
- When did the pain start?
- What do you think is the reason for your pain?
- What effect does the pain have on your life? (sleep, appetite, etc.)
- Anything else you think your nurses and doctors need to know about your pain?

Pain medications may cause drowsiness. Therefore, you should ask for help before getting out of bed after receiving pain medication. You should not drive a vehicle, operate machinery or drink alcohol while taking pain medicines.

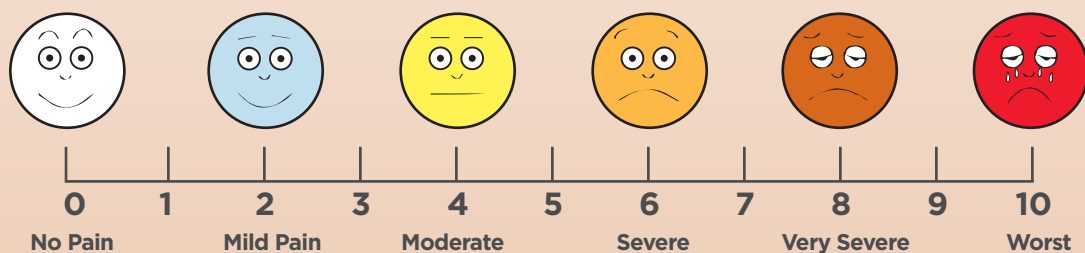
Pain is easier to manage when it is mild than when it is severe. It is important that you tell your doctor or nurse when you are hurting, and whether the treatment is helpful or not. While pain cannot always be completely relieved, it can be managed to a level that is acceptable.

Managing your pain

Pain is a normal part of the post-operative recovery process. However, we want to help you manage your pain after surgery. Your healthcare team will work with you to minimize pain and discomfort. It is important for you to understand that controlling your pain will help keep you comfortable and may help you recover faster. Treating pain early helps to stay ahead of the pain.

Assessing pain

Pain is different for everyone. While you are recovering, your physicians and nurses will frequently ask you to “measure” and describe your pain using the universal tool below:



Preventing respiratory problems

Coughing, deep breathing and incentive spirometry

After surgery, patients may experience chest congestion. To help lessen the feeling of pressure on your lungs and reduce the chance of developing pneumonia, keep your head up and reposition yourself in bed. You also may try these exercises, such as coughing, deep breathing and incentive spirometry.

- Cough using your stomach muscles. If these are sore, you can use a pillow held tightly against your abdomen, while you cough, to help with the pain.
- To use the incentive spirometer:
 - Sit up as straight as possible.
 - Hold the device upright.
 - Place the mouthpiece in your mouth, using your lips to form a tight seal around it.
 - Breathe in slowly and deeply, like you are sucking on a straw, which will cause the blue wafer in the device to rise.
 - Breathe in as long as you can.
 - Rest and allow the wafer to return to the bottom of the device before performing the exercise again.
 - Move the mark on the side to show the highest level you reached. Try to beat the highest level the next time you use the spirometer.
 - You should use the spirometer at least 10 times every hour while you are awake and until you are moving about freely.



Spirometer

Safety

As a patient, you can help your recovery by being an active, involved and informed member of your healthcare team. Many patients, and those accompanying them, ask, “Why does everyone keep asking the same questions, over and over?” This is deliberate on our part. Throughout care, the healthcare team conducts many information checks and cross checks to ensure your safety. This includes accuracy of information, verification of identity, marking the correct surgical site, medication safety and infection control for your best clinical outcome. We appreciate your patience with our questions and for partnering with us to ensure your highest quality care.

The team at UT Health Tyler works diligently to provide you with a safe hospital environment. You, your family and guests also can take an active part to help ensure your safety.



Know your medications

Medication safety is vital to your overall safety during your hospital stay.

- Your doctor may not order the same medications that you take at home. Some may be added, others may be changed or stopped.
- When you are in the hospital, please do not take medication from home. We will provide any medication the doctor orders for you.
- A barcode system is used when medications are administered. Make sure your armband is scanned each time you are given medication.
- If you do not recognize a medication, ask about it before you take it. The medications you take in the hospital may look different than the ones you take at home.

Allergies

Inform your healthcare team of any allergies you have to medications, foods or other products. Make them aware of the type of reaction or side effects you have. You will be provided with a red allergy armband, if you have any allergies, which will alert all staff to your condition.

Be involved

- Talk with your doctor about your care. Ask questions and voice concerns as they arise.
- If you do not understand an answer, ask for clarification.
- Write down questions to ask when the doctor visits.
- Provide the hospital with a copy of your living will and/or healthcare power of attorney.
- Learn about your diagnosis and treatments.
- Take part in decisions made about your treatments.
- Know what procedures you are to have.
- Ask healthcare workers what they plan to do before you consent to a procedure.
- Read any consent forms before you sign them.
- Do not be afraid to ask about safety.
- Expect doctors, nurses and other staff to introduce themselves and wash their hands.
- Look for staff identification badges.
- Your armband is a form of identification that includes your name and date of birth.

Make sure it is accurate

- Tell your doctor or nurse if something does not seem quite right.
- Check with your nurse for activity guidelines and follow them.

Preventing falls

No matter your age or physical ability, you may be at risk for a fall during your hospital stay. Falls may occur due to your medical condition, medications, surgery, procedures or diagnostic testing that could cause you to be weak or confused. We want you to be safe:

- Please call for assistance if you have been told not to get out of bed without help.
- Make certain staff and family members leave your call light and telephone within reach when they are leaving the room.
- Tell the staff right away about any spills in the room.
- Wear nonskid footwear and robes or pajamas that are not too long.

Your health and safety are important. You may want to ask a family member to be with you when you talk with your doctor, help you with safety measures and assist you in preparing to go home.

Planning for discharge

Be sure to follow any specific post-operative instructions your surgeon gives you regarding diet, rest, activities and medication. The hospital will provide you with a written summary of these instructions. Be an **active** participant in your recovery, and be sure that you understand all the instructions regarding your recovery and medications. Always ask questions if the information is not clear to you. Before you leave, ask about the following:

- Bathing and showering
- Diet – what to eat, what to avoid
- Driving
- Incision and dressing care
- Medications – dosages and when to take, side effects
- Pain control – what to expect, what to do
- Physical activity
- Incentive spirometer usage
- Sexual relations
- Returning to work
- Follow-up appointments

Call 9-1-1 if you have chest pain, shortness of breath or any medical emergency!

Call your surgeon

It is important to call your surgeon, if you experience any of the following:

- Chills or fever greater than 100.4 degrees Fahrenheit.
- Difficulty urinating.
- Uncontrollable nausea/vomiting.
- Uncontrollable pain and/or worsening of pain.
- If your wound becomes swollen, red, painful, hot to touch or develops any drainage or foul odor.

Olympic Plaza Surgery



Olympic Plaza Surgery

If you are scheduled for surgery at the Olympic Plaza, please go to the third floor and check in at the registration desk. Sign in and the admitting clerk will call you back to complete the registration process. To minimize your wait time and to make your visit as smooth as possible, please review the following information.

Before Surgery

Do not eat or drink anything after 11 p.m. the night before your surgery. This includes coffee, tea, water, gum, candy, mints or any tobacco products, including snuff/dip. For your safety, your surgery may be canceled if you eat or drink after the time specified. Please make sure to arrange for someone to bring you to surgery and drive you home. A responsible adult must accompany you if you plan to travel home by medical transport.

Child or minor having surgery

Breast milk may be given four hours prior to surgery; clear liquids two hours prior and formula eight hours prior. Do not allow the child to eat or drink anything else after 11 p.m. the night before the scheduled surgery. If your child is an infant or toddler, please bring a bottle or sippy cup to the hospital for them to use after surgery. At least one parent must remain at UT Health Tyler while the child is at the facility. If you have more than one child having surgery on the same day, please have an adult present to care for each child.

Visitors

Two visitors may wait with patients in the pre-op holding area. After the patient is taken to the operating room, family/visitors will be directed to the waiting room. The healthcare team will keep family members updated throughout the procedure.

After surgery

Children having surgery will be reunited with their parent or guardian as soon as possible. Your child's surgeon will plan to discuss the procedure with you upon its completion.

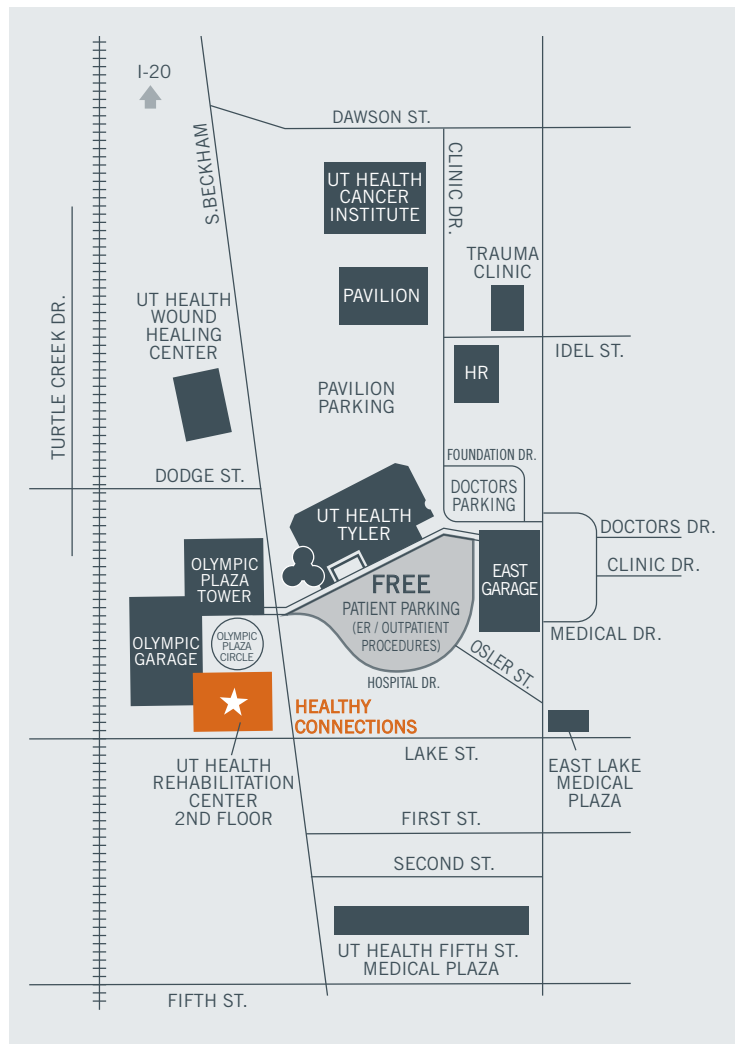
NOTE: After certain types of surgery, some children may have a sore throat or cough caused by the breathing tube. This is normal and drinking extra fluids may help.

Stage 1: Recovery period

After surgery you will be taken to Stage 1 for your recovery period. Specially trained nurses will monitor your blood pressure, heart rate, breathing and pain level. You will spend 30-60 minutes in Stage 1.

Stage 2: Getting ready to go home

You will then be moved to Stage 2, where you will continue to be monitored by nurses for another 30-60 minutes. In Stage 2, you will sit in a chair and have a drink and a snack while the healthcare team prepares your discharge information.



Important visitor information



Family members and visitors

Family members and visitors of our surgery patients will be directed to an appropriate waiting area within the hospital.

An electronic screen in the waiting area – using patient code numbers – will provide information on the status and location of the patient. If they cannot reach you on your cell phone, a doctor or nurse may call you on the phone in the waiting room.

UT Health Tyler has a gift shop (with toiletries and other sundry items); dining room with hot buffet selections, sandwiches and other grab-and-go items, a Starbucks™ counter with coffee, tea and baked goods, vending machines and an ATM - all located on the first floor. Vending machines are also located on the second floor near the skywalk. Please refer to the map on page 20.

Case #	Location of Care
35410	Discharged
37316	Preop
38220	Preop
39441	Discharged
39888	Procedure
39918	Discharged
40004	Recovery
40022	Procedure
40404	Preop
40440	Preop
40534	Discharged
40660	Preop
40849	Discharged
40881	Procedure
40917	Discharged

Reporting care concerns

If you have any concerns regarding your care, please tell your nurse, or dial “O” and ask for the hospital supervisor/administrator. You may also contact the Texas Department of State Health Services at 888-973-0022, or call The Joint Commission at 800-994-6610.

Notes / Comments:

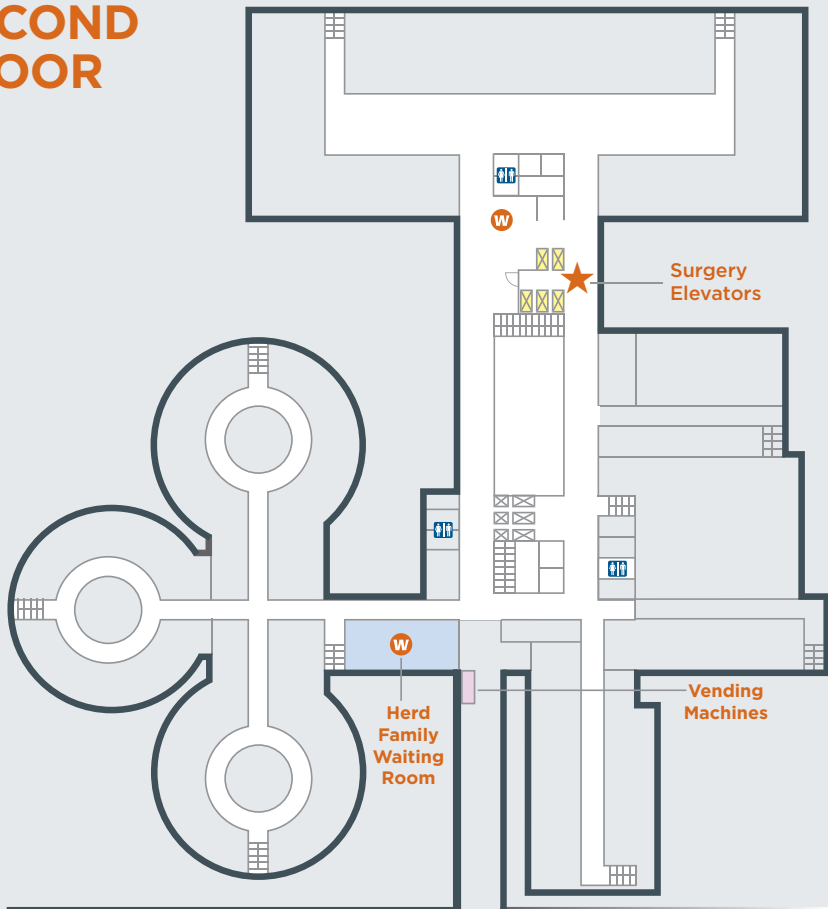
FIRST FLOOR



Elevators
 Stairs
 Restroom
 Waiting Area

- 1 Main entrance & lobby
- 2 Admitting
- 3 ED West
- 4 Emergency
- 5 Gift Shop
- 6 Vending machines & ATM
- 7 Cafeteria
- 8 Surgery elevators
(Surgery is located in the basement)

SECOND FLOOR



Elevators
 Stairs
 Restroom
 Waiting Area



Chlorhexidine Gluconate (CHG)

Getting your skin ready for surgery is a very important task. To remove excess bacteria and reduce your risk for infection, you must cleanse your skin with chlorhexidine or CHG soap. CHG is available without a prescription at the pharmacy. A four-ounce bottle will be enough for three days.

You must prepare to use this soap the right way. You will need clean, freshly laundered towels, washcloths and clothes for each shower. You will need clean bed linens for the night before your surgery. Before using the soap, please read all the instructions.

Please use the soap once a day for two days prior to surgery and the morning of surgery for the best results. If an allergic reaction occurs, please stop using CHG and call your doctor.

Steps for showering using CHG;

1. Wash and rinse your hair, face and body using your normal shampoo and soap.
2. Rinse off thoroughly.
3. Turn off the shower or step out of the bath water.
4. Pour a quarter-sized amount of liquid onto a **clean** washcloth and apply to your entire body from the neck down. **Do not use** on your face, hair or genitals.
5. Rub the soap-filled washcloth over your entire body with gentle pressure, taking care not to rub harshly. You should plan to use about one-third of the bottle with each bath.
6. Let the soap sit on your skin for three minutes.
7. Turn the water on and rinse your entire body with warm water.
8. **Do not** use regular soap after the CHG.
9. Pat your skin dry with a **clean** towel after each bath/shower.
10. The night before your surgery, you should sleep on clean linens.
11. Do not sleep with pets after bathing with CHG.
12. Do not apply lotions, deodorants, powders or perfumes to your body.
13. Do not shave your legs the night before your surgery, nor should you shave below the neck. Facial shaving is **ok**.
14. Make sure you are washing your hands after using the restroom or touching dirty items in the two days leading up to surgery.
15. In addition to the CHG bathing at home, you will be given a warm CHG cleansing cloth upon arrival to the preoperative area.

I, the patient, did complete the following CHG showers/baths as instructed:

- Two days before surgery One day before surgery Morning of surgery

Date _____ Patient Signature _____



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Tyler, Texas 75701

903-531-8890

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