

PREPARING FOR SURGERY

Patient Education at StoneSprings Hospital Center





StoneSprings Hospital Center

HCA Virginia Health System

An HCA affiliate

FIRST FLOOR DIRECTORY

1 Surgery Prep/Recovery

4 Mammography

7 Main Lobby

2 Surgery

5 Emergency

8 ER Waiting Room

3 Cath Lab

6 Cafeteria

⊕ Employee Parking

🏠 Physician Parking

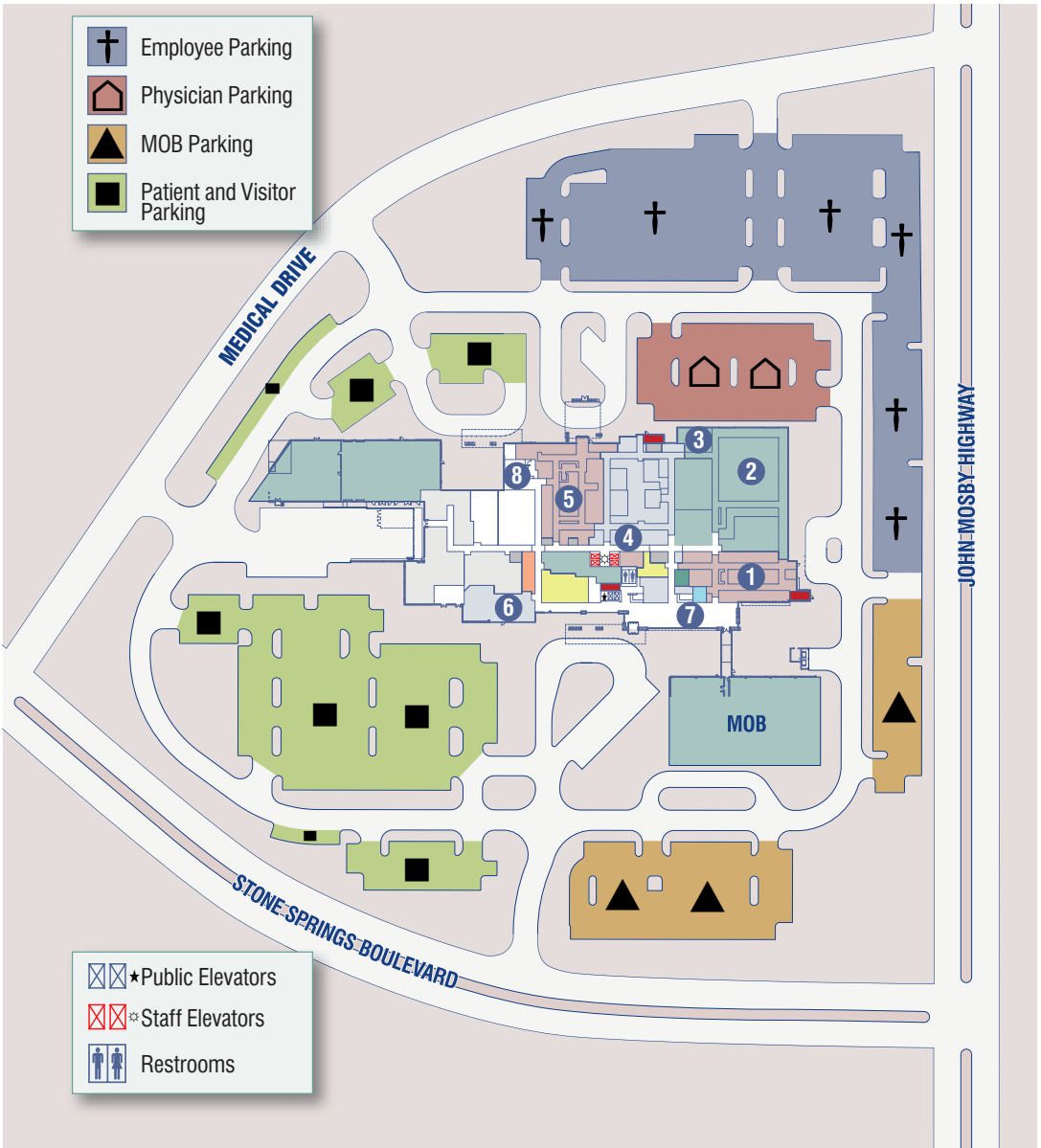
▲ MOB Parking

■ Patient and Visitor Parking

⊠ ★ Public Elevators

⊠ ✱ Staff Elevators

♿ Restrooms



KEY DATES

PRE-OP TESTING APPOINTMENT

Your Pre-Op Testing appointment is on:

Date: _____ Time: _____

DAY OF SURGERY/PROCEDURE

Your surgery is scheduled for:

Date: _____ Time: _____

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DIRECTIONS TO SURGERY

Enter the hospital through the main entrance and check in at the Registration area to the right of the front door.

PREPARING FOR SURGERY

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 and then 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.

PRE-REGISTRATION

StoneSprings Hospital Center patients can now pre-register online through secure forms from anywhere. Pre-registration can help make preparing for your hospital visit as simple and stress-free as possible. To assist with this process, you will receive a telephone call from a registration representative one to two weeks prior to your surgery.

- Visit <https://prereg.app.medicity.net/> to pre-register online

What You'll Need to Pre-Register

- Your personal contact information
- Emergency contact information
- Insurance information - group name and number, policy number, address and telephone number
- The name, address and phone number of your Primary Care Physician and your Surgeon for the upcoming procedure
- Date of procedure

PRE-OPERATIVE INTERVIEW

Your surgical experience begins when your surgeon books your upcoming procedure with the hospital. At this point, it is necessary to start gathering information about you as our future patient. In order to provide a safe anesthetic and to minimize the chances of last minute cancellations, each patient must be evaluated preoperatively. The pre-operative process includes:

1. Hospital Screening

You will be contacted by the hospital for personal information and to answer a brief questionnaire regarding your health.

2. Pre-operative interview

The pre-operative interview can be conducted in-person or over the phone.

Phone Interview - Healthy patients (based on the questionnaire) having minor procedures may only need a phone interview with our pre-operative screening nurses.

In-person Interview - Depending on the complexity of the surgery and your personal health history, you will be screened either by a pre-operative nurse or have an in-person consultation with an anesthesiologist. Any necessary clearances (medical, pulmonary, cardiac, hematologic, etc.) will be ordered during your anesthetic consultation. Occasionally, complex medical problems must be medically optimized prior to surgery, making postponement necessary. We do our very best to avoid this.

3. Pre-operative Lab Work

Any lab work requested by your surgeon (blood work, x-rays, EKGs, etc.) can be completed at StoneSprings Hospital Center during the pre-operative interview, or can be sent in by your primary doctor.

PRE-OPERATIVE INSTRUCTIONS

If you have not been contacted within 24 hours of your surgery, please call the PAT department at 571-349-4600 or 571-349-4603. Please have a list of your medications and insurance cards available.

PRE-OPERATIVE INSTRUCTIONS

There are several things that you need to do to assure that your surgical experience is safe, timely, and without delay. These pre-operative 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 the 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 swallow it with the smallest amount of water possible.
 - If you use inhalers, bring them with you and take them to surgery
 - Please review all of your medications with your surgeon to determine if any doses should be delayed prior to surgery, including blood pressure and heart medication.
 - 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.

PRE-OPERATIVE INSTRUCTIONS

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 clothes 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. Children may wear pajamas and bring a favorite toy, stuffed animal, or blanket.
7. To prevent loss, leave all valuables at home. Do not bring jewelry and cash.
8. Leave luggage and belongings in the car. A family member can bring it to your room after surgery.
9. In general, patients under the age of eighteen (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 next of kin accompany them.
10. **You MUST have a responsible, licensed adult drive you home. You may not drive 24 hours following sedation of any kind. It is also recommended that you have a responsible adult spend the night with you.**
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. StoneSprings Hospital Center, as part of a statewide hospital initiative, is a tobacco/smoke free campus. This means that you and your family/visitors are not permitted to smoke or use tobacco products inside or anywhere outside on the hospital property. Please discuss with your physician if you would like a nicotine substitute product.**
13. If you use a CPAP at home, please alert the PAT nurse. The hospital will provide you with a CPAP machine if you should be required to stay in the hospital overnight. Please write your personal CPAP settings down and bring them with you on the day of surgery.

WHAT TO EXPECT ON THE DAY OF SURGERY

On the day of your surgery, once you have registered you will be brought back to our pre-op holding area. You will be greeted by a pre-op nurse who will measure your vital signs, review your medical history, start an IV if needed, and give you any pre-op medications that were ordered by your surgeon or anesthesiologist. Please have available a list of current allergies and medications along with the date and time of the last dose taken. Your surgeon will also visit with you. Later, you will be interviewed by your attending anesthesiologist who will formulate an anesthetic plan with you. This is a great opportunity to ask any questions you might have regarding anesthesia. Shortly afterwards, you will also be introduced to our certified registered nurse anesthetist (CRNA). Our CRNAs along with the attending anesthesiologist are responsible for your well-being during the surgery and will be present while you are in surgery.

ANESTHESIA

Anesthesia services are needed so that your physician can perform the operation or procedure. The anesthesiologist will visit you to discuss the type of anesthesia he or she plans to use. The anesthetic technique to be used is determined by many factors including physical condition, the type of procedure the doctor is to perform, his or her preference, as well as the patient's own desire, so please feel free to ask questions. If you receive general or regional anesthesia, you may be able to get out of bed the day of surgery or the next morning, but only with assistance. **Please don't try to get up without staff present until we inform you it is OK to be on your own.**

PATIENT SAFETY IS #1

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 that you are having performed. This information will be asked frequently by all care providers. This is for your safety.

Marking the Surgical Site: Correct surgical site is very important. Before your surgery, the physician will mark your surgical site if it involves laterality, spine levels, etc. This is another step that we take to ensure your safety.

Time Out: Prior to incision, the entire operating room team including surgeon, anesthesia, nurses, 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.

FAMILY AND VISITORS

While you are in surgery, your family and visitors may wait in the hospital. There is a cafeteria on the hospital main floor. There is guest Wi-Fi available throughout the hospital.

SURGITRAK

SurgiTrak provides notifications of a patient progression through the surgical episode to designated family members or loved ones. Notifications can be sent via text or email to a mobile device such as a smart phone, tablet, or any other computer or laptop with an internet connection. Keeping your friends and family both near and far informed is an important benefit of utilizing the SurgiTrak services.

SurgiTrak Enrollment Process: Patient Accounting Services (PAS) will conduct the patient Pre-Registration phone call one to two weeks prior to surgery date. Pre-Admission Testing (PAT) nurses will call one to two weeks prior to surgery to review the patient medical history and current medicines. The patient may enroll in SurgiTrak during either phone interview simply by sharing their email address.

SurgiTrak Enrollment Process: Invitation SurgiTrak will send an email invitation to the patient one to seven days prior to the surgery date. This email will contain a unique web link to complete the enrollment process.

SurgiTrak Enrollment Process: Sign Up This link will allow the patient to enter mobile phone numbers and/or email addresses of family and friends that have agreed to receive notifications during their surgery.

SurgiTrak Enrollment Process: Confirmation The patient will be asked to verify the entered information. The patient will immediately receive a confirmation email to their personal email address. The patient can then review the designee data and make any necessary changes.

SurgiTrak Notifications: On the day of the procedure, messages trigger to the patient designee based on times documented in the Meditech OR Module. All information transmitted is HIPPA compliant and will not reveal specific patient information. Status changes will include the following: Patient In Pre-OP, Patient In Holding, Patient In Operating Room, Patient In Recovery, Patient moved to Patient Room (XXX), Patient Discharged Home.

PAIN MANAGEMENT

StoneSprings Hospital Center is concerned about your health and well being. We have developed a pain management program to ensure you get adequate relief from pain. The goal of pain management is to control the pain. When the pain is controlled, the patient becomes a partner in their care and comfort. 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. Unrelieved pain may cause suffering which can lead to other health problems and delay in recovery. Keeping your pain under control is important to your well being. It will help you eat better, sleep better, move around more easily, and visit with your family and friends. We will ask you to rate your pain using two types of pain scales. One is a score of 0 - 10 with 10 being worst pain. The other scale is a Wong Baker FACES Scale.



If you routinely take pain medications for chronic pain, please tell your surgeon or anesthesiologist, and your pre-op nurse.

AFTER SURGERY

After surgery you will be taken to the Post Anesthesia Care Unit (PACU). 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 have blurred vision, chills, nausea, or a dry mouth. A nurse will check your surgical 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 Same Day Surgery area.

PREVENTION OF SURGICAL SITE INFECTION

Once your surgery is completed, our team will bring you to the Post Anesthesia Care Unit (PACU) for a recovery period. As your anesthesia begins to wear off, you will be closely monitored for pain and any side effects that may develop from your anesthesia. Once you have sufficiently recovered from anesthesia, the recovery room nurses will admit you to the hospital surgical floor or give you discharge instructions and prescriptions for outpatient procedures. While in Same Day PACU, you will be assessed until you meet all criteria for discharge to go 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.

PREVENTION OF SURGICAL SITE INFECTION

Healthcare-associated infections may occur as a result from care received in hospitals and other healthcare facilities. At StoneSprings Hospital Center, 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. Some of the common symptoms are redness and pain around the area where you had surgery, drainage of cloudy fluid from your surgical wound, and fever.

Can SSI's 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 SSI's also need another surgery to treat the infection.

What are some of the things that hospitals and surgery centers are doing to prevent SSI's?

To prevent SSI's, doctors, nurses, and other healthcare providers:

- Clean their hands and arms up to their elbows with an antiseptic agent just before surgery.
- All healthcare providers should 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.
- Special antibiotics may be given before and after for a limited duration.
- Surgical team wears 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 SSI's?

- To help decrease your risk for getting a post-operative infection, it is recommended that you bathe or shower the morning of surgery.
- On the night before surgery, it is recommended that you sleep on freshly laundered sheets.
- On the night before surgery, you should not sleep with pets.
- 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.

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.
- Please tell your nurse if you use a walker, cane, wheelchair, or bedside commode.

FINANCIAL ARRANGEMENTS

Your surgery fee will be based on the time you spend in surgery and recovery rooms, as well as the supplies and services required to care for you. In addition to your hospital bill, you will receive separate bills from all physicians who cared for you, such as your 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 the Patient Access Department will be contacting you to obtain all of the necessary registration information. The 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 to make payment arrangements.



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Services will be provided in a nondiscriminatory manner without regards to age, race, gender, national origin or disability.



THANK YOU

for selecting StoneSprings Hospital Center 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.