

Patient Handbook



North Oaks Same Day Surgery
15790 Paul Vega, MD, Drive
located within North Oaks Medical Center
Hammond, LA 70403
(985) 230-6086

North Oaks Surgery Center
42144 Veterans Boulevard
Hammond, LA 70403
(985) 230-7333
www.northoaks.org

North Oaks Inpatient Surgery Unit
15790 Paul Vega, MD, Drive
located within North Oaks Medical Center
Hammond, LA 70403
(985) 230-6086

Thank You

for choosing North Oaks Surgical Services for your procedure. We know you had a choice in facilities, and we appreciate your confidence in selecting us.

- **Our Inpatient Surgery Unit** is located on the third floor of North Oaks Medical Center.
- **Our Same Day Surgery** area is located on the second floor of North Oaks Medical Center.
- **North Oaks Surgery Center** is located across Veterans Boulevard from North Oaks Medical Center, less than 1 mile from the hospital.

Our highly skilled and experienced Surgical Services team has been performing surgical procedures for over 5 decades. In addition, they have the full support of the entire North Oaks Health System team of 3,000 employees, physicians and volunteers. Our goal is to make your stay with us as pleasant as possible. If you have any questions or concerns, please feel free to discuss them with your nurse.

Your Personal Instructions

Please arrive for your procedure as instructed by your doctor or the North Oaks staff nurse. It is important that you arrive on time to avoid delays. One hour of pre-procedure time has been allotted to prepare you for surgery. If you are having an outpatient procedure, please plan to spend 3-6 hours of your day at our facility depending on the type of surgical procedure you are having. If your procedure requires an overnight or extended stay, please pack a bag with your belongings to have with you during your time at our facility.

- **A nurse will be available** to answer your questions about the procedure and to provide you with further instructions.
- **Practice taking deep breaths and coughing.** You will be asked to do this following your procedure if you have had a general anesthetic or IV sedation.
- **Please bring your medications from home with you.** However, do not take your medications the morning of your surgery unless instructed to do so by your physician.
- **Please leave your valuables at home.** This includes items such as cash (unless you have been instructed to make a co-payment upon arrival) and jewelry.
- **Please wear clean, comfortable clothing,** and bring a robe and slippers.
- **Plan to have a responsible adult with you to drive you home.**
- **Remember not to smoke for 8 hours** before your surgical procedure.
- **Please take a bath or shower the evening before and the morning of your procedure** with an antibacterial soap (i.e., Dial®, Lever®) unless otherwise instructed by your physician or nurse.
- **Do not shave for 24 hours before your procedure.**
- **Refrain from eating or drinking** anything after midnight the night before your procedure.
- **You should not wear** contact lenses, jewelry, make-up or nail polish to surgery.
- **The American Society of Anesthesiologists** has suggested that patients discontinue the use of herbal remedies at least 2 weeks prior to surgery. Make sure your physician knows which herbal supplements you have been taking.

The Day of Your Procedure

Upon arrival to the facility, check in at the main desk. Prior to your procedure, you will be escorted to a prep area, and the following things will take place:

- **You will be asked to put on a gown** and empty your bladder.
- **You will be asked to sign a consent form**, if you have not done so.
- **Your vital signs**, including your blood pressure, temperature, pulse and respiration, will be taken.
- **All pertinent information, including a Pain Management Scale, will be reviewed** with you and your family.
- **Please remember we are a smoke-free facility and campus.** Visitors may smoke in their vehicles.
- **You may receive an IV** in your room or in the Operating Room Holding Area. This IV line will be used for medications before, during and following your procedure.
- **Your dentures may be sent to the Operating Room with you** in a properly marked denture container. You will be able to insert your dentures upon discharge from the Post Anesthesia Care Unit (PACU).
- **Prior to being transported to the Operating Room**, you will be greeted and interviewed by an Operating Room Nurse and a member of the Anesthesia team.

The Day of Your Procedure *continued*

- **During your procedure**, family members will be escorted to the Surgery Waiting Room. The Operating Room nurse will call the Waiting Room to keep your family members updated and informed of your progress. A hospital volunteer or secretary also will be available to assist you. We request that **at least one family member** stay in the Surgery Waiting Room to receive updates.
- **For all of our patients' comfort and privacy, one parent may accompany a child** to the Operating Room Holding Area and will be escorted to the Surgery Waiting Room once the child goes into the Operating Room Suite.
- **For the convenience of your family**, complimentary coffee is available in the Surgery Waiting Room. The North Oaks Medical Center Cafeteria, located on the hospital's main campus, is open from 6:45 a.m. to 7 p.m. Hot meals are served from 6:45 a.m. to 9 a.m., 11 a.m. to 1:30 p.m. and 4 p.m. to 7 p.m. The grill is open continuously from 11 a.m. until 7 p.m.

For your safety and well being,

we may repeatedly ask some questions such as,

"Are you allergic to any medication?"

"What is your name and date of birth?"

"What procedure are you having today?"

We ask for your patience and understanding.

After Your Procedure

If you received anesthesia, you will be brought to the Post Anesthesia Care Unit (PACU) immediately following your procedure. The length of your stay will depend on how quickly you recover. The goal of the PACU staff is to assist you in safely awakening from sleep.

- **Your family members will be notified** when you leave the Operating Room and arrive in Recovery.
- **A nurse will remain at your bedside** and monitor your vital signs. An anesthesiologist will be readily available.
- **When you awaken**, you may feel an oxygen mask on your face.
- **You will be asked to cough, breathe deep and move your arms/legs.**
- **You will receive medication as needed** through your IV, including pain medication. Your anesthesiologist will decide when you are ready to be discharged from the recovery area. Your doctor and nurses want to make your procedure as pain-free as possible, and they will discuss pain control options with you.
- **Children can be visited upon their arrival to the PACU**, but it is important for you to follow the guidelines that will be provided to you. When your child is brought to the PACU, you will receive a phone call in the Waiting Area. The surgeon or the PACU nurse will notify you when you can come see your child. Please do not enter the PACU unless escorted by our medical personnel. Because space is limited, we ask that only one parent visit at a time.
- **If you have received IV sedation or general anesthesia**, your vital signs will be monitored for a specified amount of time.
- **You must be able to tolerate fluids by mouth.**
- **You must be able to move without dizziness.**
- **Depending on your procedure, you may need to be able to empty your bladder prior to discharge.**
- **Your wound must be free of bleeding, redness and swelling.**
- **Written Home-Care Instructions will be reviewed with you** by the nurse, and a copy will be given to you.

Your Discharge

Your physician will determine when it is appropriate for you to be discharged from the facility.

- **At the time of discharge**, a staff member will take you to your car in a wheelchair.
- **Please arrange for someone** to be available to drive you home following your discharge.
- **A nurse will contact you** within 48 hours following your outpatient procedure to ensure that your recovery is going well.

