



**BRING THIS
BOOK WITH YOU
ON THE DAY OF
YOUR SURGERY!**

SURGERY PATIENT HANDBOOK

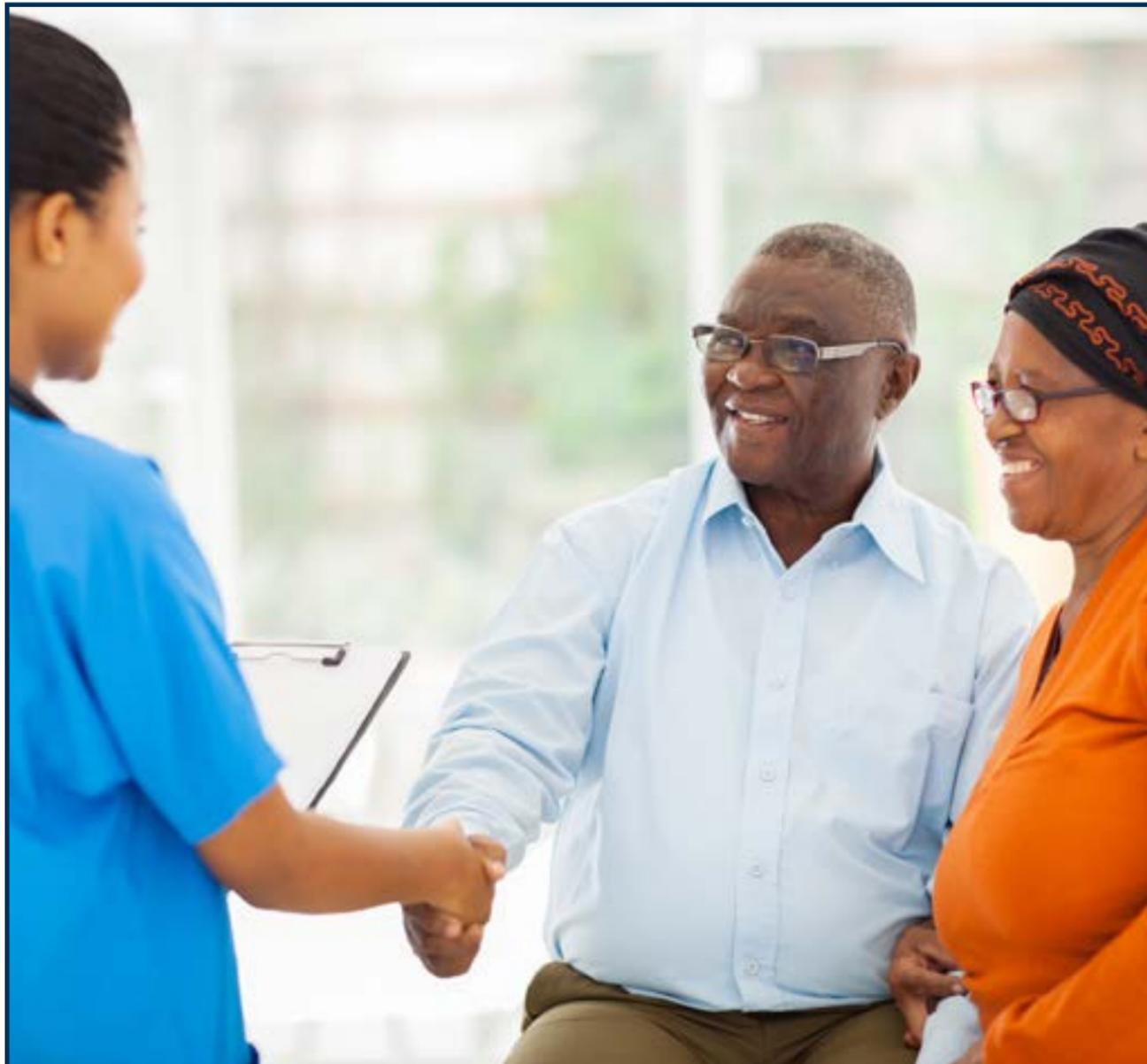


North Oaks Same Day Surgery Unit
Located within North Oaks Medical Center
15790 Paul Vega, MD, Dr.
Hammond, LA
(985) 230-2100

North Oaks Inpatient Surgery Units
Located within North Oaks Medical Center
15790 Paul Vega, MD, Dr.
Hammond, LA
(985) 230-6086

North Oaks Surgery Center
42144 Veterans Blvd.
Hammond, LA
(985) 230-7333

www.northoaks.org     



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 highly skilled and experienced Surgical Services team has been performing surgical procedures for over 5 decades. Our staff works together to provide you with the most compassionate technologically-advanced health care available. 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 surgical services experience a positive one. **We want you to partner with us and work together to help you recover safely. Begin preparing for your surgery today by following the guidelines in this book.** If you have any questions or concerns, please feel free to discuss them with a member of your healthcare team.

For additional information and resources please visit www.northoaks.org/surgery

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LOCATIONS



Our Inpatient Surgical Units are located in the Tower of North Oaks Medical Center.

- Surgical Intensive Care Unit is on the 2nd Floor
- General Surgery Unit is on the 3rd Floor
- Orthopaedic/Neurosurgery Unit is on the 5th Floor

North Oaks Inpatient Surgery Units

Located within North Oaks Medical Center
15790 Paul Vega, MD, Dr. • Hammond, LA
(985) 230-6086



Our Same Day Surgery area is located on the second floor of North Oaks Medical Center.

North Oaks Same Day Surgery Unit

Located within North Oaks Medical Center
15790 Paul Vega, MD, Dr. • Hammond, LA
(985) 230-2100



North Oaks Surgery Center is located on Veterans Boulevard across from North Oaks Medical Center, less than one mile from the hospital.

North Oaks Surgery Center

42144 Veterans Blvd. • Hammond, LA
(985) 230-7333

Parking locations can vary, please talk to your pre-admit nurse or call one of the numbers listed above to determine what is best for you.

YOUR HEALTH CARE TEAM



Many different health care providers and staff work with patients in the surgery units at North Oaks. This is a list of individuals most likely to be involved in patient care and their roles:

- **Anesthesia**
A member of the anesthesia team will remain with you during your surgery to temporarily reduce or relieve your pain and monitor you continuously.
- **Case Managers**
These health care providers help with the overall plan of care and help with discharge planning, making sure you have what you need to complete your recovery.
- **Chaplain/Pastoral Care Providers**
Chaplains are present to provide care for our patients, families and staff as they journey through the emotional, social and spiritual aspects of healing. Pastoral care is available upon request. The hospital chapel is located on the first floor of the Medical Center.
- **Dietitians/Nutritional Services**
Dietitians assess your nutritional needs and work closely with doctors to analyze your diet. They also teach those who need special diets how to plan and prepare foods at home.
- **Nurses**
The primary nurse is the bedside nurse responsible for your daily care and giving medication. They work with all medical staff to ensure the plan of care is followed.
- **Nursing Assistants**
Nursing assistants help with patient care, including giving baths, getting out of bed and checking vital signs and blood sugars.
- **Occupational Therapists (OT)**
Occupational therapists help patients return to ordinary tasks around the home and at work through lifestyle changes and possible use of assistive devices.
- **Pharmacists**
A pharmacist will review your medication orders and work with your doctor and nurse to ensure safe and accurate medication therapy.
- **Phlebotomists**
These health care providers draw blood to help the doctor determine if organs are functioning normally.
- **Physical Therapists (PT)**
Physical therapists help with evaluation and treatment to improve your ability to walk and move about, strengthen muscles, improve coordination, minimize joint stiffness and improve wound healing.
- **Physician or Surgeon**
This is the doctor that supervises your treatment.
- **Respiratory Therapists (RT)**
These health care providers assist with breathing issues. They also help the doctors wean patients off ventilators and prevent pneumonia.
- **Social Workers**
Social workers are available to help you and your family with stress management and help make the transition to home or the next phase of care.

YOUR PERSONAL INSTRUCTIONS

Once you are scheduled for surgery there are several things you can do to prepare.

ONCE YOU KNOW YOU'RE HAVING SURGERY

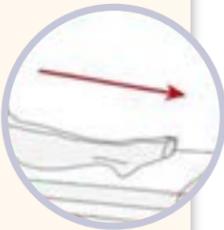
- The American Society of Anesthesiologists has suggested that patients **discontinue the use of herbal remedies** at least 2 weeks prior to surgery or as soon as you know you are scheduled for surgery. Make sure your physician knows which herbal supplements you have been taking.

If you stop smoking weeks before surgery this can decrease breathing problems and increase your healing. It is best to quit smoking as soon as you are scheduled for surgery. TALK TO YOUR DOCTOR OR NURSE ABOUT QUITTING.



- Exercise** can help your body heal faster after surgery. If you are not already exercising, try to slowly add exercises into your daily routine.

- Practice leg exercises** such as rotating your feet, wiggling your toes and stretching your legs.



- Practice taking deep breaths and coughing.** You will be asked to do this following your procedure if you have had general anesthetic or IV sedation.

DAY BEFORE SURGERY

- Do not shave** any body parts for 24 hours before your procedure. Shaving with a razor can irritate your skin and make it easier to develop an infection.

- Refrain from eating** anything after midnight the night before your procedure. This includes mints, tobacco and chewing gum.

- Do not drink alcohol at least 24 hours before your surgery.** You may drink clear liquids, such as water, apple juice or gatorade up until 2 hours prior to your scheduled arrival time.



continued on next page...

YOUR PERSONAL INSTRUCTIONS

DAY BEFORE SURGERY *continued*



- Unless otherwise instructed by your physician or nurse **take a bath or shower the evening before** your procedure with an antibacterial soap (i.e., Dial®, Lever®) to decrease the bacteria on your skin. One hour after your evening shower or bath, wipe your skin with the provided **CHG Wipes**.



- Remember **not to smoke** for at least 8 hours before your surgical procedure.

- Sleep on clean sheets**, and **do not sleep with pets** the evening before.



MORNING OF SURGERY

- You **should not wear** contact lenses, jewelry, make-up, hair products, nail polish, lotions, oils or creams to surgery.

- Wear clean, comfortable clothing.**

- Leave your valuables at home.** This includes items such as jewelry and cash (unless you have been instructed to make a co-payment upon arrival).

- Plan to **have a responsible adult** with you to drive you home.



- Do not take medications the morning of your surgery** unless instructed to do so by a member of your health care team.

- Any **skin abrasions, broken skin, pimples, open sores, boils or rashes** should be **reported to your provider** before surgery, including any past infections (i.e., MRSA).

- A nurse will be available** to answer your questions about the procedure and to provide you with further 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. Pre-procedure time has been allotted to prepare you for surgery. If you are having an outpatient procedure, please plan to spend 3-9 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.

NUTRITION CAN HELP YOU RECOVER FASTER

There are several things you can start doing to prepare your body for surgery as soon as your procedure is scheduled.

Proper exercise and nutrition is an important part of the healing process.



Everything you eat and drink is important to your recovery!

Start today eating healthy and move to be stronger!

Your body requires proper training and nutrition in the days / weeks before surgery and after surgery for you to recover faster. Your body burns a lot of energy during and after surgery. You need to “fuel up” by eating more high-quality proteins and complex carbohydrates both before surgery and after surgery.

A Major Workout

You burn more glycogen, a form of stored carbohydrates during surgery, than during a 2 ½ hour marathon run. Research shows that “carbohydrate-loading before surgery” can help reduce: hunger, thirst, nausea and vomiting, pain, anxiety and your length of stay in the hospital. Foods with complex carbohydrates are breads, beans, rice, pasta and starchy vegetables.

Insulin Resistance

Insulin resistance is common after surgery and can possibly cause complications such as delayed wound healing and surgical site infections. Eating proper nutrition, both before and after surgery, can better control your body’s insulin response.

Lowered Immunity

Surgical stress can weaken your immune system making you more prone to infection. Eat foods containing immune-enhancing nutrients such as arginine & omega-3 fatty acids to support immune health and recovery after surgery. Foods that naturally contain the amino acid, arginine, are: red meat, poultry, fish and dairy. Foods that naturally contain omega-3 fatty acids are: fish and fish oils.

Muscle Loss

Your body begins to break down muscle for energy, when you do not eat the proper amount of carbohydrates and protein, which can cause muscle loss. Protect your muscles both before surgery and after by eating protein-rich foods and by doing strengthening exercises so your body is as strong as possible going into surgery. Foods with protein are: low-fat meat, poultry, fish, seafood, beans, nuts, eggs, dairy products and vitamin enriched protein shakes.

Consider reducing or eliminating additional sugars, caffeine, and alcohol from your diet. All of these create more stress on the body and actually remove nutrients from the body.

If you are a diabetic, talk with your provider about ways to control your glucose before and after surgery.



Tell your doctor about other medical problems you may have. Health problems such as allergies, diabetes and obesity could affect your surgery and treatment.

Consider kicking the habit of smoking or using other tobacco products now, the sooner the better. Smoking increases your chance of a heart attack, pneumonia, infection, and slower healing of your surgical site.



Let us help you to stop:

(985) 230-QUIT (7848)

www.northoaks.org/quitsmoking

ADDITIONAL INSTRUCTIONS

THINGS TO BRING WITH YOU THE DAY OF SURGERY



This Booklet



Driver's License



Health Insurance Information



Copy of Living Will or Advance Directive



A Current List of Any Medications You Take at Home



IF EXPECTED TO STAY OVERNIGHT

- Bring personal hygiene items
- Robe
- Slippers (Non Slip)
- Clean clothes
- Glasses or contacts (if applicable)

THE DAY OF YOUR PROCEDURE



Upon arrival to the facility, check in at the receptionist desk.

Prior to your procedure, you will be escorted to a private room, and the following things will take place:

- You will be given a **hospital band** with your name and date of birth. **Verify these are correct.**

As a patient, you can make your care safer by being an active, involved and informed member of your health care team. Notify a staff member if your safety identification band comes off for any reason during your stay.



- If you wear **dentures, contact lenses, glasses** or **hearing aids**, you will be asked to remove them and leave them with a family member or security.
- You may be asked to wipe your skin with an **antibacterial cloth**.
- You may be asked to complete a **MRSA nasal swab** test before surgery.
- You will be asked to **put on a gown** and **empty your bladder**.
- You will be asked to sign several **consent forms**, if you have not done so.
 - Consent for treatment
 - Specific consent for surgical procedure
 - An anesthesia consent (*if applicable*)

THE DAY OF YOUR PROCEDURE *(continued)*

- Your **vital signs** will be taken, including your blood pressure, temperature, pulse and respiration.
- All necessary information, including a **Pain Management Scale**, will be reviewed with you and your family.
- You should receive an **antibiotic** before surgery to decrease chance of an infection.



- You may receive an **IV** prior to your procedure. This IV line will be used for medications before, during and following your procedure as necessary.

- You should have a **leg compression device** put on that will be used to promote blood flow.



- Ask for a **warm blanket** if you feel cold. It is important for your room and body to be warm before, during and after surgery.
- **Speak up if someone tries to shave you with a razor** before surgery. Ask why you need to be shaved and talk with your surgeon if you have any concerns.
- You will be greeted and interviewed by the procedure nurse and a member of the **anesthesia team** prior to being transported to the procedure suite.



For your safety and well-being, we may repeatedly ask some questions such as, "What is your name and date of birth?", "Are you allergic to any medication?" and "What procedure are you having today?" We ask for your patience and understanding.

- Before the surgery/procedure, for your safety, the team will perform will perform a **"time out"** to verify they are doing the right surgery on the right body part on the right person.
- During your procedure, **family members and/or friends** will be escorted to a **Surgery Waiting Room**. The procedural nurse will call the Waiting Room to keep them updated and informed of your progress, and a hospital volunteer or secretary will be available to assist them. We request that at least one adult family member or friend stay in the Surgery Waiting area to receive updates and speak to the physician once the procedure is complete.
- Please remember we are a **smoke-free facility and campus**. Visitors may smoke in their vehicles.
- For the convenience of your family and/or friends, **complimentary coffee** is available in the Surgery Waiting areas. The North Oaks Medical Center Cafeteria, located on the hospital's main campus, is open from 6:45 a.m. to 7 p.m.



IMMEDIATELY AFTER YOUR PROCEDURE

If you received anesthesia, you will be brought to the Post Anesthesia Care Unit (PACU)/Recovery 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 awakening safely and comfortably from sleep.



- Your family members and/or friends will be notified when you leave the procedure area and will be able to track your progress and transfer to other areas on the status board in the waiting room.
- A nurse will remain at your bedside and monitor your vital signs.
- When you awaken, you may feel an oxygen mask on your face.
- You will be asked to cough, breathe deeply and move your arms/legs.
- You will receive medication as needed. Your doctor and nurses want to make you as comfortable as possible, and they will discuss options with you to control your comfort level. Your anesthesiologist will decide when you are ready to be discharged from the recovery area.
- If you have received IV sedation or general anesthesia, your vital signs will be monitored for a specified amount of time.
- Children may be visited in the PACU/Recovery area at the discretion of the nurses. It is important for you to follow the guidelines that will be provided to you. When your child is brought to the PACU/Recovery area, you will receive a phone call in the Waiting Area. The surgeon or the PACU nurse will notify you when you can see your child. Do not enter the PACU/Recovery area unless escorted by our medical personnel. Because privacy is our utmost concern, only one parent/guardian are allowed to visit the child in the PACU/Recovery area at a time.



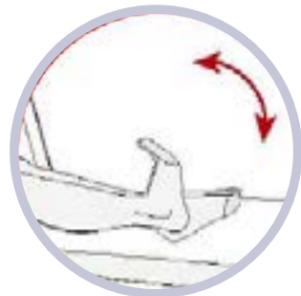
If you are moved from recovery to a room in the hospital for overnight, below are a few things to remember to recover faster:



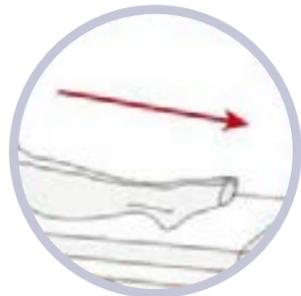
- As directed by a member of your healthcare team, **get out of the bed and start moving with help.**
- **Drink clear liquids** as soon after surgery as possible.
- Perform deep breathing exercises or if ordered by your provider, use the **Incentive Spirometer.**
- While in bed, **practice the leg exercises** below.



Rotate your feet from left to right.



Wiggle your toes and bend feet up and down.



Stretch your legs out straight.

FOR YOUR SAFETY



In the hospital, people can be at a higher risk for falls. An unfamiliar environment can make movement more difficult. We are committed to keeping you safe from injury during your stay. During your stay we will:

- Assess your risk of falling upon admission and as your condition changes.
- Show you how to use your call button and remind you when to call for help.
- Respond to your calls for assistance in a timely manner.
- Help you get in and out of bed and use the restroom as needed.
- Provide you with safe footwear and any recommended equipment.
- Make sure the call button and other needed items are within reach before you are left alone.

AFTER YOUR SURGERY

As you recover from surgery, you may not be pain free. We will work with you to keep you as comfortable as possible.

Ask about steps you can take to help manage your pain once you leave the hospital.



PROTECT YOURSELF!

After your surgery:

- Make sure that your healthcare providers clean their hands before examining you, either with soap and water or an alcohol-based hand rub. If you do not see your providers clean their hands, ask them to do so.
- Family and friends who visit you should not touch the surgical wound or dressings.
- Family and friends should clean their hands with soap and water or an alcohol-based hand rub before and after visiting you. If you do not see them clean their hands, ask them to do so. *See page 18 for proper hand washing techniques.*



NOTES

BEFORE YOU ARE DISCHARGED

- ✓ You must be able to tolerate fluids by mouth without vomiting.
- ✓ You must be able to move without becoming faint.
- ✓ Depending on your procedure, you may need to be able to empty your bladder prior to discharge.
- ✓ Your comfort level must be manageable with medications received by mouth. Our goal is for you to be comfortable but you may not be without some pain or discomfort.
- ✓ Your wound must be free of bleeding, redness or swelling.
- ✓ A nurse will review your after-visit summary with you and give you a copy.



NORTH OAKS PRESCRIPTION CENTER



Before you go home we want to make it as easy as possible for you to fill your prescriptions with the convenience of **North Oaks Prescription Center**. Our prescription center is located within North Oaks Medical Center, in the corridor next to the Emergency Department Waiting Room on the first floor. Hours of operation are Monday through Friday, 7 a.m. to 5:30 p.m. and the phone number is **(985) 230-3383**.



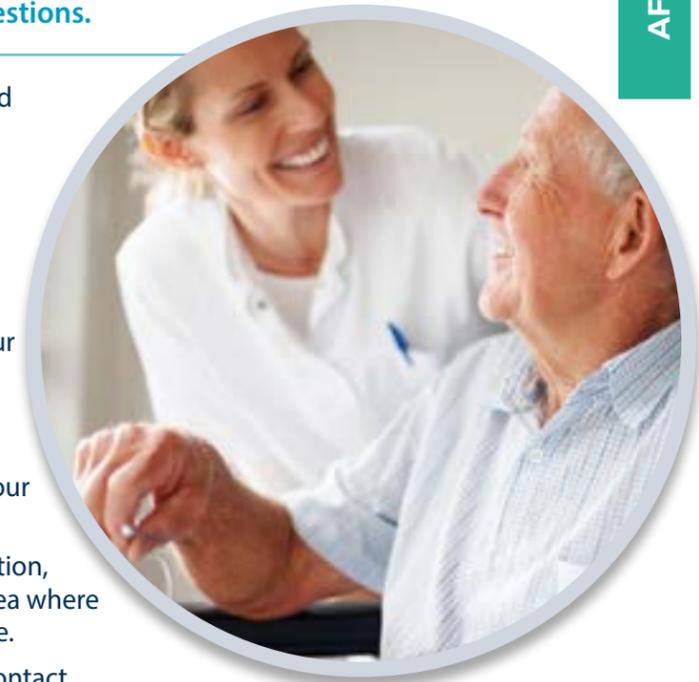
GOING HOME

Your doctor will determine when it is appropriate for you to be discharged from the facility. Before you go home, your doctor or nurse will explain everything you need to know about taking care of your wound and any new medication you may need to take. Make sure you understand the instructions—ask questions.

- Make sure you understand how to care for your wound before you leave the hospital.
- At the time of discharge, a staff member will take you to your car.
- Please arrange for someone to drive you home following your discharge.
- A nurse will contact you within 24 hours following your procedure to ensure that your recovery is going well.

When at home:

- Always clean your hands before and after caring for your wound.
- Call your doctor if you have any symptoms of an infection, such as redness, pain, drainage or fever around the area where you had surgery or near the area of the previous IV site.
- Before you go home, make sure you know whom to contact if you have questions or problems after you get home.



AFTER YOU LEAVE THE HOSPITAL



- It is important to continue with **deep breathing exercises**.
- Practice **leg exercises** while in bed.
- Increase the amount of time spent **out of the bed** each day.
- Continue with instructed **therapy or exercise** gradually each day.
- **Continue eating well** and fuel your body with the proper nutrition it needs for recovery.
- Follow your providers' instructions about **bathing or showering**.
- Keep your scheduled follow up **doctor's appointment**.

HAND HYGIENE SAVES LIVES



Hand hygiene is one of the most important ways to prevent the spread of infections, including the common cold, flu and even hard-to-treat infections.

REMEMBER:
IT ONLY TAKES 15 SECONDS
TO PROTECT YOURSELF
AND OTHERS FROM
INFECTION.

You should practice hand hygiene:

- before preparing or eating food
- before touching your eyes, nose or mouth
- before and after changing wound dressings or bandages
- after using the restroom
- after blowing your nose, coughing or sneezing
- after touching hospital surfaces such as bed rails, bedside tables, doorknobs, remote controls or the phone.

Wash your hands with soap and water when your hands look dirty, after you use the bathroom and before you eat or prepare food.

1. Wet your hands with warm water. Use liquid soap if possible. Apply a nickel- or quarter-sized amount of soap to your hands.
2. Rub your hands together until soap forms a lather and then rub all over the top of your hands, in between your fingers and the area around and under the fingernails.
3. Continue rubbing your hands for 15 seconds. Imagine singing the "Happy Birthday" song twice.
4. Rinse your hands well under running water.
5. Dry your hands using a paper towel if possible. Then use your paper towel to turn off the faucet and to open the door if needed.

Wash your hands with an alcohol-based hand rub if soap and water are not available:

1. Follow directions on the bottle for how much of the product to use.
2. Rub hands together and then rub product all over the top of your hands, in between your fingers and the area around and under the fingernails.
3. Continue rubbing until your hands are dry. If enough rub was used to kill germs, it should take at least 15 seconds of rubbing before your hands feel dry. You should not rinse your hands with water or dry them with a towel.

For more information, visit www.cdc.gov/handhygiene or call (800) CDC-INFO.

SURGICAL SITE INFECTIONS (SSIs)



A surgical site infection (SSI) 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 of a surgical site infection are:

- Redness and pain around the area where you had surgery
- Drainage of cloudy fluid from your surgical wound
- Fever

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 may need another surgery to treat the infection. To prevent SSIs, doctors, nurses, and other healthcare providers:

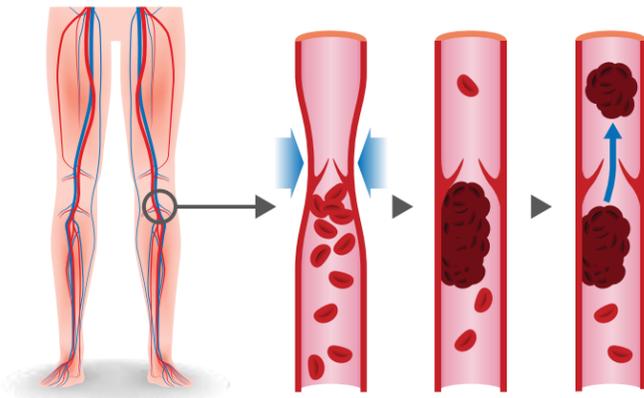
- Clean their hands and arms up to their elbows with an antiseptic agent before surgery.
- Clean their hands with soap and water or an alcohol-based hand rub before and after caring for each patient.
- May remove some of your hair immediately before your surgery using electric clippers if the hair is in the same area where the procedure will occur. They should not shave you with a razor.
- Wear special hair covers, masks, gowns and gloves during surgery to keep the surgery area clean.
- Give you antibiotics before your surgery starts. In most cases, you should get antibiotics within 60 minutes before the surgery starts and the antibiotics should be stopped within 24 hours after surgery.
- Clean the skin at the site of your surgery with a special soap that kills germs.



If you have additional questions, please ask your doctor or nurse.

(Source: https://www.cdc.gov/HAI/pdfs/ssi/SSI_tagged.pdf)

DEEP VEIN THROMBOSIS (DVT)



Deep Vein Thrombosis (DVT) occurs when an abnormal blood clot forms in a large vein. These clots usually develop in the lower leg, thigh or pelvis, but can also occur in other large veins in the body.

If you develop DVT and it is diagnosed correctly and quickly, it can be treated. However, many people do not know if they are at risk, do not know the symptoms, and delay seeing a healthcare professional if they do have symptoms.

Anyone may be at risk for DVT. The more risk factors you have, the greater your chances are of developing DVT. Knowing your risk factors can help you prevent DVT:

- Cancer and cancer treatments
- Extended bed rest
- Family history of DVT
- Hormone replacement therapy or birth control products
- Hospitalization for a medical illness
- Increasing age
- Obesity
- Personal history of a clotting disorder or previous DVT
- Pregnancy and the first 6 weeks after delivery
- Prolonged sitting when traveling (longer than 6 to 8 hours)
- Recent major surgery or injury
- Smoking



The following are the most common DVT symptoms and signs, which usually occur in the affected limb:

- Recent swelling of the limb
- Unexplained pain or tenderness
- Skin that may be warm to the touch
- Redness of the skin

Since the symptoms of DVT can be similar to other conditions, like a pulled muscle, this often leads to a delay in diagnosis. Some people with DVT may have no symptoms at all.

If you suspect that you have DVT please contact your health care provider.

(Source: CDC)

myCHART



North Oaks is pleased to provide you the opportunity to get connected with your health through myCHART, our online medical record patient portal.

myCHART gives North Oaks Health System patients ages 18 and over direct online access to portions of your electronic medical record on a computer or smartphone. Once you log on, you can access your own personal, secure account and have the ability to view lab results, medications, your discharge After Visit Summaries and more.

How do I get started?

You will need to obtain an activation code in order to begin using myCHART.

Your personal activation code is listed on the After Visit Summary you receive when you are discharged from North Oaks Medical Center or North Oaks Rehabilitation Hospital or after a visit at your North Oaks Physician Group clinic. North Oaks Physician Group clinic patients may also go into their clinic with photo identification to request an access code.

Learn more at mychart.northoaks.org.

Once your account is active, download the MyCHART app for on-the-go convenience!



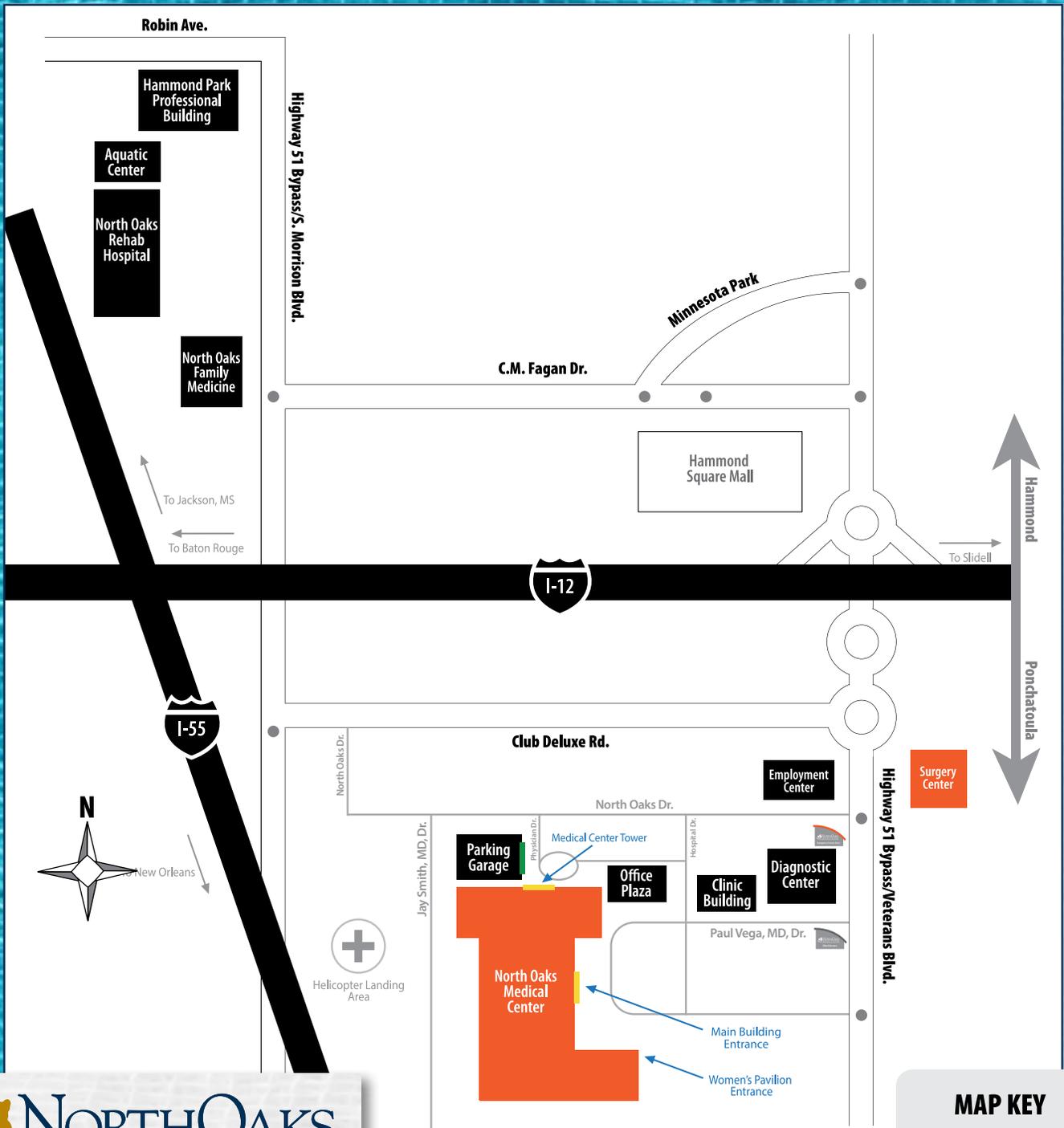
_____ has an appointment on

Patient's Name

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday

on ____/____/____ at ____ a.m. p.m.
Date Time Circle One.

You will be notified per your preferred method the day before your surgery or procedure to let you know what time you need to arrive for your appointment. If you will not be available to receive this notification, call the facility at which your appointment is scheduled (see front cover of book). If you find that you must cancel or reschedule your surgery or procedure, call your physician.



NORTH OAKS
Surgical Services
www.northoaks.org
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