



PATIENT GUIDE TO SURGERY

WELCOME TO COMMUNITY MEDICAL CENTER

Thank you for choosing Community Medical Center for your upcoming surgery. On behalf of everyone at Community, we want to thank you for choosing us to care for you and your family. This brochure provides necessary information to prepare before your surgery, what to expect the day of surgery as well as additional information to support you and your caregiver through your surgical journey.

This booklet will provide you and your family with information to make your experience safe and comfortable. Please read through it carefully as well as any supplementary material included specific to your surgery. This is designed to provide you with the tools, support and relevant information, so you can take an active role in your care. If you have questions about your specific procedure, please contact your surgeon. For general questions, call our Pre-Admission Testing office at 406.327.4035

Sincerely,



*Dustyn Miller, MSN, RN
Director, Surgical Services*

PREPARING FOR YOUR SURGERY

Pre-Admission Testing Clinic

The Pre-Admission Testing Clinic (PAT) will prepare you for your surgery. You can expect a phone call from a nurse prior to your surgery to review your medications, surgical history and medical history. This information will assess your readiness to safely undergo anesthesia and ensure your surgical experience is as comfortable and stress-free as possible.

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 and diseases may increase your risk for an SSI. You can help lessen your chance by talking to your physician before surgery if you:

- have diabetes
- use tobacco
- have a change in your physical condition (ex. cold, fever, cough, rash, or other illness.)



PREPARING FOR YOUR SURGICAL STAY

What to Bring

- This booklet
- A current list of all medications (name, type, dosage, frequency).
- List of allergies
- Insurance information
- ID card (ex. driver's license)
- Mobile phone and / or device w/ charger
- Dentures (w/ denture cup)
- Hearing aids
- Eyeglasses and case (do not wear contacts)
- Non-skid slippers or shoes
- Gown or 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.

Do not bring valuables, such as money, credit cards, jewelry or other items. Community Medical Center is not responsible for such items that you bring to your room.

SPECIAL PREPARATIONS

Here are a few tips:

- Check your home for tripping hazards, like throw rugs and electrical cords.
- Assess items you will need from dressers, cabinets and shelves and place them in a convenient location.
- Arrange for pets to stay with a friend until 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 on a main level if your bedroom is upstairs.
- Shower chairs and hand-held shower heads can make bathing easier.
- 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 in advance.

NIGHT BEFORE SURGERY

Do not eat or drink anything the night before your surgery as directed by your PAT nurse or 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 during your conversation with the PAT nurse.

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.

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.

Driver Required

Patients must have a responsible adult drive them home. 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, have someone stay with you for at least 24 hours after your 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.

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, hand or breast, a loose button-down or zippered shirt is recommended. Loose-fitting sweatpants or shorts are recommended if you are having lower extremity surgery on your knee, hip, 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.

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 medications not prescribed or acknowledged by your surgeon.



Pre-Operative Area

After registration, you will be escorted to the preop 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.

Anesthesia

The anesthesiologist will review your medical history and discuss it with you. There will be an opportunity to ask questions before they determine the appropriate anesthesia for your procedure. The anesthesiologist and the operating room nurse will escort you to the operating room. The anesthesiologist 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 one family member may visit the PACU. 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.

DAY OF SURGERY CONTACT

Please arrive on time and check-in at the main hospital entrance. If you are delayed or become ill the day of surgery CALL (406) 327-7315



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

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.

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.



PREVENTING RESPIRATORY PROBLEMS

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.
 - You should use the spirometer at least 10 times every hour while you are awake and until you are moving about freely.

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
- 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!



PEDIATRIC SURGERY

PEDIATRIC SURGERY

Our pediatric surgeons, along with our team of pediatric anesthesiologists, pediatric subspecialists, and pediatric nurses, provide comprehensive surgical care to infants, children, adolescents and young adults.

PREPARING FOR YOUR CHILD'S SURGERY

Before Surgery

Do not eat or drink anything the night before your surgery as directed by your PAT nurse or surgeon.

This includes coffee, tea, water, gum, candy, mints or any tobacco products, including snuff/dip. For the patient's safety, surgery may be canceled if they eat or drink after the time specified during your conversation with the PAT nurse. One parent must remain at Community while the child is in the facility.

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 pm 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. You may also bring something for them to feel comfortable, such as a blanket or stuffed animal. 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 your child will be taken to PACU for recovery. Specially trained nurses will monitor blood pressure, heart rate, breathing and pain level. Most pediatric patients will spend 30-60 minutes in PACU - Stage 1.

Stage 2: Getting ready to go home

They will then be moved to our outpatient recovery unit, where your child will continue to be monitored by nurses for another 30-60 minutes. In Stage 2, the patient will sit up and have a drink and a snack while the healthcare team prepares their discharge information or their transfer to our pediatric inpatient unit.



FAMILY MEMBERS & 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.

Community Medical Center has a gift shop (with toiletries and other sundry items); dining room with hot buffet selections, sandwiches and other grab-and-go items, a Liquid Planet coffee shop with coffee, tea and baked goods, vending machines and an ATM - all located on the first floor.

Safety

As a patient or family member, you can help with recovery by being an active, involved and informed member of the 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 Community 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.

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.

PATIENT RIGHTS & RESPONSIBILITIES

Each patient at the center will be notified of their rights in the following manner:

- Copy of Patient Rights & Responsibilities is located on CommunityMed.org for review.
- Written notice will be provided during registration, at the patient’s request, in a language and manner the patient understands.
- A posted notice will be visible to patients and families by all registration desks.

If you have any concerns regarding your care, please tell your nurse, or dial “0” and ask for the hospital administrator.



NOTES & COMMENTS

SPIRITUAL CARE | 406.327.4063

Our spiritual care team provides emotional support for patients, families and staff regardless of religion or cultural tradition. Our chaplains are specially trained to offer trauma support, end-of-life spiritual care, bereavement support and LGBTQ support. If you'd like a visit from your own minister, priest, rabi, imam, spiritual leader or elder, the spiritual care team will reach out to arrange a visit.



Pre-Admission Testing

2827 Fort Missoula Road
Missoula, Montana 59804

(406) 327-4035 | Fax (406) 327-4421

Mon. - Fri. | 8:30 am - 5 pm

CommunityMed.org | CommunityChildrens.org