

# DALLAS SURGICAL PARTNERS



**BAYLOR SURGICARE**

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Prior to your surgery you should receive a phone call from a member of our staff to give you pre-operative instructions, confirm your scheduled appointment and review your insurance information.

If you are not contacted 48 hours prior to surgery, please telephone Baylor SurgiCare at 214-820-2581. Be sure to let the staff know of any special needs and please don't hesitate to ask questions.

If you suspect that you are **pregnant** or that there is any possibility of being **pregnant**; please notify your physician and anesthesiologist prior to the day of surgery. Anesthesia and medications may be harmful to your developing baby.

If you experience any health changes between your recent visit to your doctor and the day of your procedure, notify your doctor. Please report even minor changes such as an elevated temperature, cough or cold. If you cannot reach your physician call telephone Baylor SurgiCare at 214-820-2581.

## What should you **DO** the day **BEFORE** surgery?

- *Arrange for an adult to drive you home and someone to be with you.*  
For your own safety and protection, you will not be allowed to drive after surgery when any sedation, nerve block or general anesthetic has been administered.
- *Organize your health insurance cards.*  
Please make sure you have a copy of insurance card(s). Our staff will need to verify and make a copy of the card(s) when you check-in on the day of your surgery. Similarly, arrange for a responsible adult to stay with you for the first night following surgery. In the case of young children having surgery, it is best to have someone along with the driver to help care for the child on the trip home.
- *Follow the EAT or DRINK limitations.*  
Your physician or a surgery center staff member will provide you instructions for the limitations of food and drink your particular procedure will require. Please follow these instructions. Your surgery may be cancelled if you do not follow the required food and drink limitations.
- *Follow the Medications requirements.*  
All patients taking any medications will be provided instructions for the medication requirements by your physician or a staff member. Please be prepared to list all medications you are taking and bring any with you (e.g., inhaler, insulin, blood pressure medicines) that you may need during your stay.

## What you should **EXPECT** before your surgery?

- *A staff member will contact you prior to your visit.*  
This will ensure that your pre-operative instructions and tests are complete and your financial matters are addressed before surgery. If a child is having surgery, you may also arrange a tour for you and your child to help ease fears you may both have.
- *Our staff will keep your family and friends informed of your progress.*  
We understand the anxiety family and friends will have while you are having your procedure. We will make every effort to keep them informed of your progress and when they will be able to re-join you after the procedure.
- *Our staff will keep things moving on time.*  
We realize that time is a precious commodity for you, your family and your surgeon. We are constantly measuring and monitoring our performance and processes to ensure that we do not waste your valuable time.

- *We will handle your financial matters properly and professionally.*  
We will work with your insurance company to expedite your claim for the charges from your procedure. Please remember that your physician fees are separate from the surgery center fees.
- *Our staff will provide you high quality, professional service.*  
We believe that providing high quality care and service consistently requires a constant focus on improving the processes that we use every day. Baylor SurgiCare continuously learns from and shares with other surgery centers, so that every day we can give excellence in caring for our patients.

## **Important information for our patients**

### **Your health and safety are very important.**

1. For your safety the staff may ask you the same questions many times. We will ask:
  - ✓ Who you are and what is your date of birth
  - ✓ What kind of surgery you are having
  - ✓ The part of your body to be operated on
2. Make sure we check your ID band. If we don't please ask your nurse or doctor to do so.
3. Don't be afraid to tell a health care professional if you think he or she has confused you with another patient.
4. Your doctor will mark the spot on your body to be operated on. Make sure they mark only the correct part and nowhere else. This helps avoid mistakes.
5. Don't be afraid to tell the nurse or the doctor if you think you are about to get the wrong medicine.
6. Tell your nurse or doctor if something doesn't seem right.
7. Do not worry about being embarrassed if you don't understand something that your doctor or nurse tells you. Just ask us to explain it to you.
8. Tell your doctor or nurse about your pain. Everyone's pain is different.
9. Pain management is an important part of your treatment.

### **Preventing infection is very important**

1. Bathe or shower with an antibacterial soap the evening before your admission and avoid shaving the operative site.
2. Be sure your nurse or doctor cleans their hands with soap and water or alcohol foam before and after caring for you. Don't be afraid to remind them.
3. Cover your nose and mouth with a tissue if you cough or sneeze. Throw the tissue away and clean your hands when you are done.
4. If you do not have a tissue, cover your nose and mouth with the bend of your elbow or hands. Clean your hands right away.
5. Ask your doctor for instructions about how to take care of your bandage at home

### **What we are doing to prevent infections**

1. Hand washing: Before the operation, your surgeon and all operating room staff scrub their hands and arms with an antiseptic soap.
2. Clippers may be used to shave away hair that is in the area of your surgery.
3. The site where your incision is made is carefully cleaned with an antiseptic solution.
4. Members of your surgical team wear medical uniforms (scrub suits), long-sleeved surgical gowns, masks, caps, shoe covers, and sterile gloves. Your body is fully covered with a sterile drape (a large sterile sheet) except for the spot where the incision is made
5. You may receive antibiotics before the surgery starts.

### **What to do at home after discharge?**

1. When you are at home wash your hands with soap and water:
  - ✓ Before you touch your bandage
  - ✓ Before you carry out any treatment instructions your doctor has given you

- ✓ When you are finished with any treatment instructions your doctor has given you
  - ✓ Before you take any medicine
  - ✓ Any time your hands get soiled
2. Friends and family that visit you should not touch the surgical wound or bandage.
  3. If you smoke, stop or cut down. Ask your doctor about ways to quit.
  4. Take antibiotics only when told to by your doctor. Using antibiotics when they're not needed can create germs that are harder to kill. Also, finish all your antibiotics, even if you feel better.
  5. Drink plenty of fluids; eat a well balanced diet and rest.
  6. If your stomach feels upset, rest with your head raised on pillows, apply a cool damp cloth to face or neck area, and avoid quick movements.
  7. If your medication is to be taken with food, eat crackers, dry toast or pretzels.
  8. Call your doctor if your nausea is not better or if you cannot keep food or liquids down.
  9. Discomfort and some pain are expected after surgery
  10. Be sure to follow instructions about how to take your medicine. Most pain pills take 20-30 minutes to work. For best results, take the pain pill before the pain gets too strong.
  11. Do not mix pain prescription drugs with over-the-counter pain relievers without talking to your doctor first.
  12. Remember pain medicine can make you drowsy. When taking these medicines DO NOT
    - ✓ Drive
    - ✓ Operate heavy equipment
    - ✓ Drink alcohol
  13. Call your doctor if;
    - ✓ Your pain increases
    - ✓ You are not getting relief from your pain with medicine and other treatments
  14. When you return home, care for your incision as directed by your doctor or nurse.
  15. Call your doctor if you have any of the following
    - ✓ Your bandage is soaked with bright red blood
    - ✓ Fever of 101°F or higher
    - ✓ Unable to urinate
    - ✓ Increased soreness, pain, or tenderness at the wound
    - ✓ A red streak, increased redness, or puffiness near the wound
    - ✓ Yellowish or bad-smelling discharge or pus from the incision
    - ✓ A swollen or painful lump in your groin, neck or armpit
    - ✓ A tired feeling that doesn't go away