

Preoperative Patient Information and Checklist

- ◇ **Instructions from the surgeon:** Your surgeon will instruct you about your surgery start time and when to arrive at Baylor Medical Center at Uptown. Please contact your Surgeon's office with any questions in regards to your start time.

- ◇ **Changes in your health status:** Please contact your surgeon before your surgery if you have any changes in your health status such as heart problems, breathing difficulties, fever, chills, or cough.

- ◇ **Night before surgery:** Do not eat or drink after midnight the night before your surgery. This includes water, hard candy, mints, chewing gum, coffee and food. The anesthesia provider may contact you to discuss your medical and surgical history before surgery. If they do not call the night before they will be visiting you in pre-op to discuss your medical and surgical history at the bedside. In special cases, the anesthesia provider may adjust the cut off time for food and drink; please follow their instructions. You should ask the anesthesia provider what medications you may take on the morning or day of surgery.

- ◇ **Prepping at home for surgery:**
 - No alcohol or smoking 24 hours prior to surgery
 - Smoking cessation handout can be provided.
 - No lotions, powders, make up, nail polish, deodorant, aftershave, cologne on day of surgery.
 - Please perform a Chlorohexidine or Hibiclens shower the night before and morning of surgery or as directed by your surgeon. This product is an antiseptic and skin cleanser in which helps reduce infection.
 - Do not apply to face or genitals, perineal areas (private parts)
 - You may locate this product at CVS, Walgreens, Walmart and Baylor Uptown.

- ◇ **What items to bring:** It is very important that you bring the following items:
 - Photo identification (Driver's license, ID card, passport)
 - All Insurance and/or Medicare cards.
 - Check, cashier check, credit card or cash for your payment.
 - A copy of Advance Directives/ Medical Power of attorney to place on file.
 - Please bring prescribed medications including inhalers in their properly labeled original containers for the nurse to administer. These medications will also be reviewed by our pharmacist.
 - Medications to leave at home:
 - Sleeping aids: Lunesta, Ambien, Trazadone etc
 - Controlled substances: Hydrocodone, Codeine, Oxycodone, Percocet, Lorazepam, Alprazolam, Lyrica, Citalopram, etc.
 - OTC (over the counters): Tylenol, Motrin, Vitamins, and Supplements
 - Bring denture cup.
 - If you wear contact lenses and/or eyeglass please bring a case and solution as appropriate, as you will have to remove your contacts prior to your surgery.
 - Bring loose fitting clothing that is easy to put on following surgery. For an example, a button down or snap shirt for shoulder surgery, sports bra for after breast surgery, sweat pants, sweat shirt, pajamas, lounge wear, or loose fitting shorts will help you be more comfortable.
 - For your ride home bring extra pillows, outerwear or any items necessary for your ride home.

Other:

- Special equipment that you use such as a CPAP/Bipap, nebulizer, wheelchair, walker, cane and/or any assistive devices.
- If you will be using crutches post-operatively and have crutches you would like to use, please bring them with you.
- Please bring in neck or back brace for spine surgeries and arm sling for shoulder surgeries if applicable.

◇ What items to leave at home or with family members:

- All jewelry including wedding bands, watches, bracelets, earring, necklaces and body piercings.
- Hairpins and hair clips
- Anything of great value to you including large amounts of money.
- Medication as listed above.

◇ Pediatric Patients: (6-17 years old)

- Patient identification arm band's placed on parent and child for those under 12 years of age.
- Parent to sign consents.
- Color coded arm-band may be placed on child as well.
- Teddy bears provided for children 12 and under or as requested.

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◇ **Arrival at the hospital and surgery preparation:** On the date of surgery you should come to the hospital admitting area for check-in located on the 3rd floor. Use the 3R button to access this floor. From there, you will proceed to a pre-op where you will complete the clinical process of surgery preparation. The steps are:

1. Your surgery information will be thoroughly reviewed by a registered nurse.
 - o Patient Identification: For your safety we will ask you throughout your stay your name and date of birth. We do this to ensure your safety.
 - o Height, weight, vital signs, consents, medical and surgical history will be reviewed with you.
 - o An IV will be started using buffered Lidocaine to help numb the IV site.
 - o If your surgeon ordered pre-op medications they will be administered at this time.
 - o If your surgeon/anesthesiologist ordered bloodwork not previously done will be done at this time.
2. You will remove all clothing including underwear and put on a hospital gown.
3. Your surgeon will mark your surgical site, hair clipping might be performed depending on the procedure.
4. You should remove your contacts and glasses prior to going to the operating room.
5. If you wear dentures or partials please bring a container for them, if you don't have one or forget we will gladly provide a denture cup.

- ◇ **While you are in surgery:** Your family and/or friends may wait in the waiting room until you are out of surgery. Once you're stable in the recovery room or have been placed in a room on the post-surgical unit they may visit you. There is an electronic tracking board located in the 3rd floor waiting room which allows your loved ones to keep track of your progress. Your identification number is your month and day of your birthday.

We have a cafeteria located on the second floor that offers breakfast from 7-9 am and lunch from 11-2 pm. We also complementary coffee and snacks as well as vending machines for family members.

We also have local eateries/restaurants in the area and can be found on our website. Please ask the receptionist for further details.

◇ **Discharge to home:**

- **Absolutely NO driving after receiving any form of anesthesia. Must have an accompanied adult with you who is driving.**
- NO public transportation such as: a taxi, Uber, Lyft or bus are allowed by yourself. Only if you are accompanied with an adult that you know is this acceptable.
- So please make arrangements to have family, friend or an accompanied adult that you know drive you home.
- Also you are required to have someone stay with you for 24 hours following anesthesia.
- You will receive discharge instructions placed in a red folder. Your nurse will review these verbally with you. Please review them the following day and follow up with your physician as necessary.
- You will receive a discharge follow up phone call after surgery from one of our nurses. If we don't reach you a letter will be sent.
- Also you will receive a Press- Ganey Survey in the mail. Please also fill this out. We love to hear from you.

◇ **Overnight stays:**

- Your doctor may have you stay in the hospital overnight.
- You may bring your personal items such as toiletries, toothbrush, toothpaste, hairbrush, makeup, deodorant, bathrobe, and slippers the day of surgery.
- Your patient room has a private bath, TV, and telephone.
- The nursing staff will assist you with planning your meals based on your postoperative progress and dietary needs.
- Accommodations can be made for one family member to spend the night if that is helpful to you.
- Visiting time is open from morning to evening. At 9:00 P.M., visitors are encouraged to leave so that you may get your necessary rest.
- If you have any questions please do not hesitate to ask the nurses about visiting hours.

If you have any questions, you may call your surgeon's office or contact our PAT nurses at 214-443-3068 or 214-443-3054

