Your Guide to Outpatient Surgery
An entire team of professionals will be involved in preparing you for your surgery.
Welcome

Memorial’s mission is to provide you, the patient, with the highest quality healthcare possible. The specially trained, highly skilled team of healthcare professionals on staff makes your care their top priority.

By thoroughly reading this material, you will have taken an important step in guiding your surgical experience.

If after reviewing this information you have questions about any of the topics included, please contact your surgeon’s office or Memorial’s Admission Testing Center (ATC). If you have any additional questions or concerns, please call the ATC at (618) 257-5460.

All of us on your healthcare team—physicians, nurses, technicians, therapists, volunteers, and administration—thank you for choosing Memorial Hospital for your care.

Sincerely,

Mark J. Turner
President and CEO

Preparing for Your Surgery

An entire team of professionals will be involved in preparing you for your surgery; this includes physicians, nurses, patient care technicians, and office staff. Yet, the most important team member is you.

Prior to your procedure, be sure to discuss any concerns about your surgery with your physician. Your physician can help you understand the risks and benefits involved with your particular procedure.

A great deal of information will be required when preparing for your procedure. Volunteering the most accurate and complete information possible will assist your caregivers in providing safe care.

Perhaps the most important information you will share is your personal health information:

- Your medical history, including all other surgeries
- Allergies to medicines, foods, and latex
- General health information
- Recent illness including fever, cold, or rash
- Current prescriptions and over-the-counter medications, herbs, and vitamins
- The use of tobacco, alcohol, or other drugs
- Pregnancy
- Any chronic medical problems including diabetes or high blood pressure

Remember, it is very important that YOU take an active role in your healthcare.
Inform Consent

Before having your operation, you will be asked to indicate that you understand the nature of the surgical procedure to be performed and that you give your permission for the operation. Most surgical procedures are not emergencies, so it is very important that you fully understand the process. This may appear to be a formality, but, in fact, this should be taken very seriously. Before your operation, frankly discuss with your surgeon any questions or concerns that you have, such as:

- What are the indications for your surgery? Why is this surgery necessary?
- Are there any alternative treatments available?
- What will be the likely results if you do not have the operation?
- What are the basic procedures involved in the operation?
- Will any other surgeons be assisting your surgeon during your procedure, and what task will they perform?
- What are the risks?
- How is the operation expected to improve your health or quality of life?
- What can be expected during your recovery period?
- When can you expect to resume normal activities?

This operation is being performed for you, and you should seek information necessary to improve your understanding, so do not hesitate to ask questions. No doctor can guarantee outcomes, because each operation is different depending upon your health status, existing disease, and the response of each patient.

You should feel that your questions have been answered before giving permission to do the surgery.
Your Procedure Day

Before arriving at Memorial on the day of your procedure, there are certain things you should do to prepare:

- Shower the evening before and the morning of your surgery with the antiseptic solution provided. Please follow the pre-printed instruction sheet carefully. For patients under the age of 18, shower with an antibacterial soap (such as Dial).
- Do not eat or drink (as instructed by the anesthesiologist).
- Take your medications as instructed by the ATC staff.
- Wear loose, comfortable clothing.
- Remove all makeup, including lipstick, mascara, and nail polish.
- Remove all jewelry and contact lenses.
- Bring your glasses, dentures, and hearing aids on the procedure day.
- Bring all your medications in properly labeled containers.
- Do not bring any valuables (money, wallet, purse, jewelry).

Be sure to arrive at Memorial at the time indicated by the ATC nurse or as directed by your physician.

Remember to bring:

- A parent or legal guardian if patient is under 18 years of age.
- Someone to accompany you, so they can drive you home and care for you during your home recovery.
- A copy of your Advanced Directive or Living Will, if you have one, to be placed in your permanent medical record.
- Your insurance card and driver’s license (if you have not been pre-registered).

Family and/or friends may wait with you in your room until your procedure. Please limit the number of family and friends to two or three.

While you are having your procedure, your family and friends may wait in the Outpatient Surgery Visitor’s Lounge. If your family and friends leave this area, it is important to inform the staff at the desk.

It is also important to have someone drive you home after your doctor has released you from the hospital. You should not drive yourself home, no matter how minor you consider your procedure.
Memorial is equipped with state-of-the-art operating rooms and surgical technology.
Your Surgery

Outpatient Surgery

Most surgical patients will begin and end their surgical experience in the Outpatient Surgery Center. All rooms are private and include a television.

Here you will be asked to change into a hospital gown. You will also receive an ID bracelet to wear until you go home. Personal belongings will be locked in a locker until you go home. An intravenous (IV) line may be started in an arm or hand vein before surgery by a registered nurse.

Anesthesia

At Memorial, your anesthesia is provided by a board-certified anesthesiologist and certified registered nurse anesthetists (CRNAs) from Anesthesia Associates of Belleville. These physicians are independent practitioners and are not Memorial’s employees or agents.

Prior to surgery, you will meet with your anesthesiologist to discuss which type of anesthesia is best suited to your individual needs. Your anesthesia plan will be discussed with you. You should be informed of the benefits and any risk associated with anesthesia. Be sure to clarify any questions you may have. There are several different types of anesthesia:

- General anesthesia—The patient is completely asleep and unaware of the surroundings.
- Regional anesthesia—Medication that numbs a specific region of the body is administered. One may receive additional medications for relaxation/sedation in addition to regional anesthesia.
- Local anesthesia—Provides numbness at the specific surgical site.

Surgical Suites

Memorial is equipped with state-of-the-art operating rooms and surgical technology. Everything has been carefully selected for the ability to accommodate surgery that is as safe as possible.

Your surgical team will include highly skilled, specialty-trained individuals. Your surgeon will lead team members, including registered nurses, certified surgical technologists, an anesthesiologist, and possibly an RN surgical assistant or physician assistant, during your procedure.*

The temperature in the operating room may feel cool. Warm blankets will be provided to keep you comfortable. Prior to your procedure, the nurse will begin to put equipment on you in order to monitor your vital signs, heart, and lungs.

* Occasionally, nursing students, allied health professionals in training, or manufacturer’s representatives may be present. If you prefer that they not be present, you may indicate that on your Informed Surgery Consent Form, which you will complete the day of surgery.

Guest Internet

Memorial provides Internet access for the exclusive benefit of its patients, visitors, physicians, vendors, and employees. Terms and conditions of use apply. You will be asked to accept/agree to these terms before accessing the wireless connection.

Please be aware that some web sites cannot be accessed. Memorial does not provide technical support, nor is it responsible for damage or loss of equipment.
Post-Operative Care

Immediately after your surgery, you may be taken to the recovery room, also called the Post-Anesthesia Care Unit or PACU. You will be there for approximately one to two hours. After recovery you will be assigned a room in the Outpatient Surgery Center or to a hospital inpatient bed, should you need an extended recovery stay.

Pain

Pain control is a top priority for the care team at Memorial. Proper pain control benefits you by preventing complications and assisting in the healing process, and it contributes to a quicker recovery. We rely on your description of pain to assist with your pain control.

Ways you can help:

• Ask your doctor or nurse what to expect.
• Talk about pain relief choices with your doctor or nurse.
• Ask for pain relief as soon as the pain begins.
• Help doctors and nurses measure your pain.
• Tell your doctor or nurse about any pain that will not go away.

At Memorial, a pain scale of 0 to 10 is used. A 0 level of pain means you feel no pain. A level 10 means you feel the worst possible amount of pain you have ever experienced. By communicating your pain level in this way, your nurse will be better able to understand and help you with pain control.

Each person reacts differently to different types of surgery. Some people may experience mild nausea or vomiting after a procedure. If an airway or tube was used to help you breathe during your procedure, you may experience a sore throat.

Communicate and ask questions of your care team regarding how you feel.

Recovery

The instructions you are given by your surgeon and care team have been carefully calculated to aid in your recovery. You can assist in the speed of recovery by doing certain breathing and moving exercises in the recovery room.

You will be asked to breathe deeply and cough to help clear your lungs, aid circulation, and help prevent pneumonia.

It is important that your circulation and body functions return to normal after your surgery. You can help these processes by moving around, sitting up in a chair, and even walking, as indicated by your surgeon and healthcare team.

Incision and Dressing Care

Your incision area will be cleaned and properly dressed after surgery. Before you leave the hospital, someone from our healthcare team will show you how to provide care for the area. Be sure you understand the instruction sheet you are given.

Communicate and ask questions of your care team regarding how you feel.
**GOING HOME**

If you will be going home the same day as your surgery, you will return to the post-operative area in the Outpatient Surgery Center after the recovery room. Your healthcare team will do everything possible to facilitate your discharge.

You will be given a list of post-operative instructions. It is important that you fully understand them. Please ask questions if any of the instructions are unclear. You may want to ask specifically about some or all of the following:

- Medications
- Staples, stitches, and incision care
- Bathing and/or showering
- Pain and pain control
- Proper eating
- Physical activity and exercise
- Driving
- Resuming sexual relations

At home it is important to be alert for unusual symptoms. You need to contact your surgeon/physician if you are experiencing any of the following:

- Fever above 101.5° F
- Increased redness, swelling, and pain at incision site
- Incision discharge that smells bad
- Incision opens or incision bleeding that seems to be more than should be expected
- Side effects from your medication
- Intolerable pain

**Follow-Up Care**

Follow-up care, which is usually arranged with your surgeon’s office, is important to monitor your recovery.

The Outpatient Surgery Center staff will call the next business day after your procedure to see how you’re feeling. Let the staff know if you are having any problems after your surgery, such as nausea and vomiting or a fever.

The staff makes two attempts to try to contact you following your procedure. The staff will not leave a message on your answering machine or voicemail unless we have permission.

Please call Memorial’s Outpatient Surgery Center with any questions at (618) 257-5830, Monday through Friday 6 a.m.-8:30 p.m. and Saturday 6 a.m.-3:30 p.m., or go to the nearest Emergency Department if you are unable to reach your physician or the Outpatient Surgery Center.

*Thank you for choosing Memorial Hospital. In the near future, you will receive a patient satisfaction survey in the mail. Please take a few moments to give us your candid feedback. We strive to provide excellent service, and your feedback helps us deliver the services you expect.*

Surgeon

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Contact Information

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Physicians treating patients at Memorial are independent practitioners. They are members of Memorial’s medical staff. They are not Memorial’s employees or agents. Understandably, Memorial does not control and is not responsible for their medical treatment decision. The information contained in this booklet is not intended to replace professional medical advice.
Exterior Map
For your convenience, use Entrance A or B.
Interior Map

Follow the internal signage to the Outpatient Surgery Center on the first floor.
Memorial has received MAGNET™ status—the ultimate benchmark for measuring quality of care.

*What does that mean for you?*

- We’re focused on excellent patient outcomes and experiences.
- MAGNET status attracts the best nurses in the field to care for you.
- Our Care Management Team coordinates your care among your physician, nurses, and anyone else directly involved in your treatment to address your unique needs.
- We provide you with superior education on disease process, medications, and more.
- Experts available for consultation are also outstanding resources for you.
- MAGNET hospitals nationwide have lower mortality rates.

Memorial Hospital is the only hospital in the Metro East recognized with MAGNET status.

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