



OUTPATIENT PAVILION: SURGERY CENTER

PERSONAL RECOVERY PLAN – ADULT

(CONTINUUM OF CARE)

“The Pavilion is a center of health and healing for all committed to holistic patient/family-centered care; by providing a sanctuary that calls upon the passion, skills, and talents of its caregivers and community.”

Patient Name: _____

Physician: _____

Thank you for selecting the St. Joseph Outpatient Pavilion Surgery Center!

We realize this may be a new experience for you, so we have created this information packet to better prepare you and your support person(s) for your surgical procedure.

Please read the information on the following pages, complete the **HEALTH HISTORY** at the back of this packet and bring it with you on your day of surgery.

We offer Music Therapy in the Surgery Center. This means that you may use a personal CD player (*your own or borrow one of our players) and listen to music of your choice throughout your stay in the Surgery Center. We encourage you to bring music you enjoy, or you may select from the many titles we have available.

A member of our registration staff will attempt to contact you by phone if you have not personally come into the Pavilion to pre register for your procedure. Their purpose is to obtain billing and insurance information.

We need to give you some information and ask some questions to help us prepare for your care. A member of our nursing staff will attempt to contact you 2-3 days before your procedure date. To maintain privacy and comply with confidentiality requirements, they will only identify themselves as being from St. Joseph Hospital and will leave you a message with a call-back number on your answering machine if unable to reach you personally. These calls are made between 10 am and 4 pm.

If we have not reached you, please contact us by dialing 714-844-8732 between 2 pm and 6 pm, Monday through Friday. One of our nurses will speak with you. If staff do not answer, please leave a message, and someone will get back to you between 10 am and 4 pm. If you have an urgent question and it is the day before your procedure, call the preop staff at 714-744-8734. Please use this number for urgent issues only.

It is important that you follow your anesthesiologist's instructions for when to stop eating / drinking fluids and when to arrive at the St. Joseph Surgery Center, Outpatient Pavilion (map attached). In addition, you should follow your doctor's instructions regarding what medications to take the morning of your surgery. Contact your surgeon if there is a change in your condition.

If you are taking ORAL diabetic medication, do not take it on the day of the procedure unless told to do so by your Anesthesiologist or Surgeon.

Take your regular medicine for HIGH BLOOD PRESSURE, HEART PROBLEMS, or SEIZURE PROBLEMS on the day of your procedure unless otherwise told to by your Anesthesiologist or Surgeon. Please take medication with ONLY A SIP OF WATER.

PLEASE REMEMBER:

NO solid food and/or non-clear/full liquids up to eight (8) hours before surgery.

Solid foods and Non-clear / Full Liquids = foods, milk, juice, nectar, vegetable juice, Jello, gum, candy mints

Only clear liquids up to four (4) hours before surgery.

Clear liquids = clear apple juice, sugar water, water, 7-Up, balanced salt solution (Gatorade type solution).

Nothing by mouth for the four (4) hour period immediately before surgery.

**UNDIGESTED FOOD / DRINK COULD CAUSE PROBLEMS AND
may require rescheduling of your surgery.**

Outpatient Surgery Checklist

Surgery times are **APPROXIMATE** and may be earlier or later depending on the entire surgery schedule. Your designated arrival time is based on this issue.

- Take blood pressure, heart or seizure medication with a **SMALL** sip of water as directed.
- Wear loose fitting clothing or pajamas
 - Shirt / top which closes in the front for surgery on the face or head
 - Shirt / top with loose sleeves for surgery on the arm or hand
 - Loose pants to accommodate a big dressing for knee or foot surgery
- May use deodorant - No perfumes or lotions- Minimal or No makeup- No dark nail polish
- Leave all jewelry and valuables at home. Leave cell phones or pagers at home or with other family members.**
- Consider bringing some method of payment (cash, check, credit card) should you need your prescription filled or to purchase special equipment, such as a sling for arm or shoulder surgery or crutches or a special shoe for foot or knee surgery. Please check with your doctor if you can get these items ahead of time. Remember to bring these special items with you as you will need them after the procedure. (*****Check with your insurance company, they may cover the expenses for these items.***)
- Make arrangements for an adult to drive you home and stay with you for the first 24 hours after your procedure.**
******FAILURE TO HAVE A DRIVER OR RESPONSIBLE ADULT TO STAY WITH YOU AFTER THE SURGERY WILL RESULT IN RESCHEDULING YOUR SURGERY.**
- Bring the following items (if needed):**
 - Glasses/contact lenses, dentures, hearing aids with the cases
 - Completed HEALTH HISTORY
 - Court or guardianship paperwork
 - Insurance card, paperwork from surgeon's office, test results
 - Music CD & player (if you wish to use your own)
- ARRIVE 1-1 ½ HOURS BEFORE YOUR SURGERY TIME**
Arrive at the Surgery Center, Pavilion Third (3rd) floor at _____ am / pm
- Park on Level Three (3), using our free Valet Parking service if you wish. Handicap Parking is also available.
- Check in at the Reception Desk.
- If you have not taken care of pre-registering prior to the day of procedure, you will need to proceed to the Registration desk. This takes additional time prior to the procedure, so you may want to arrive earlier than the stated time.

St. Joseph Hospital Outpatient Pavilion Surgery Center
1140 W. La Veta (Cross street is Pepper)
Orange, CA 92868 Phone: 714-744-8734

SAINT JOSEPH HOSPITAL
OUTPATIENT PAVILION: SURGERY CENTER
PERSONAL RECOVERY PLAN

Pre-Admission	Admission	Surgical Preparation Unit	Operating Room	Post Anesthesia Recovery Unit
<ul style="list-style-type: none"> • Complete pre-procedure testing (lab, x-ray, cardiology) as instructed by the surgeon's office, prior to the day of surgery. • Have your physical exam as instructed by the surgeon's office. • If possible, obtain & fill prescriptions needed for after surgery and leave these at home. • Contact your surgeon if your condition changes (cold, flu, etc.) Also contact the Surgery Center at 714-744-8734. • Please arrange to pre-register before the day of your procedure. You may complete in person at the Pavilion (1st floor) or via phone (714-744-8736). <p>(continued on next page)</p>	<ul style="list-style-type: none"> • Shower or bathe before your surgery. • Brush your teeth (do not swallow any water). • Do not wear makeup, No dark nail polish. • Wear loose fitting clothes (button down top for head or facial surgery). • Take your heart and/or blood pressure seizure medicine with a sip of water in the morning. • Do NOT take oral diabetic medications day of procedure (unless specifically told to) • Leave all jewelry, wallets, etc. at home. <p>(continued on next page)</p>	<ul style="list-style-type: none"> • A nurse will explain the process, ask you various questions on your health and preparation for the procedure. • You will be asked to sign consent forms. • You will need to change into a surgical gown. • Warm blankets will be offered to keep you comfortable. • An Anesthesiologist (if required for your procedure) will talk to you before your surgery. • A staff nurse will initiate an "IV" (intravenous line). This small plastic catheter is placed in a vein so that fluids & medications can be given during your procedure. • You will choose your music if you wish to use Music Therapy during your procedure. <p>(continued on next page)</p>	<ul style="list-style-type: none"> • The rooms are kept quite cool. This is related to minimizing humidity as well as a few other factors. • Warm blankets will be available and utilized on everyone unless refused. • Equipment will be used to check your body systems (pulse, blood pressure, breathing). • Additional equipment may be needed during the procedure itself. • There will always be a professional person with you during your surgery. 	<ul style="list-style-type: none"> • This area is used to take care of you immediately after surgery. • There are bright lights and much activity. • Your nurse will look at your surgical area and check your body systems. • Remember, it is expected that you will have some pain after your surgery. • Your nurse will ask you to rate your pain from 0 (no pain) to 10 (severe pain). Medication will be given as ordered by your doctor. • Verbal and written after-surgery instruction will be given to you and the person taking you home. • Two visitors are allowed at the bedside. They will be notified using the pager system when you are ready for visitors in Recovery. <p>(continued on next page)</p>

SAINT JOSEPH HOSPITAL
OUTPATIENT PAVILION: SURGERY CENTER
PERSONAL RECOVERY PLAN (CONTINUED)

Pre-Admission	Admission	Surgical Preparation Unit	Operating Room	Post Anesthesia Recovery Unit
<ul style="list-style-type: none"> • If you will need special supplies or equipment after your procedure, please discuss with your surgeon and make arrangements to bring these things with you on the day of your procedure. (Crutches, special shoes, arm sling, etc) • If you will need crutches after your procedure, it is advisable to speak with your surgeon's office about learning how to properly use them prior to the day of the procedure. • If you think you will need assistance when you go home, contact the Case Management Department at (714) 771-8106. 	<p>PLEASE BRING YOUR:</p> <ul style="list-style-type: none"> • Completed HEALTH HISTORY. • Glasses, contacts, hearing aid, dentures (with cases). • Insurance card (in case it is needed). • Advanced directive, living will, or other guardian / conservator papers. • Park on the THIRD (3rd) FLOOR. • Check in at the reception desk. A pager will be issued to you. • If you have not pre-registered, you will be asked to speak with a registration clerk to complete necessary admission paperwork. • When the nurse is available to begin your care, the pager will vibrate. Return to the reception desk. • Visitors will be asked to wait in the lobby during the initial admission process. Via pager, they will be notified it is OK to visit. 	<ul style="list-style-type: none"> • If you wish, a limited number of visitors may stay with you before your procedure. • Generally, visitors are brought back approximately 20 minutes or so after you go into that area. • Your surgeon may visit you in this area. If you need to speak with him / her, let the nurse know. • The nurse that will be with you in the Operating Room will come into the preop room to introduce themselves as well as to verify information related to your planned procedure. • You will be moved to the operating room on a stretcher, hammock-like device, or wheelchair. In some cases you will be allowed to walk into the Operating Room. 		<ul style="list-style-type: none"> • If you had general anesthesia, you may be a little sleepy at discharge. Go directly home and get rest in your own comfortable surroundings. • Since you may be a little unsteady, you may need assistance the first time you get up. • For your own safety, you MUST have someone drive you home and stay with you the first 24 hours after general anesthesia. • If you are being given a sedative or monitored anesthesia care, you will also need a driver to take you home. • Have your family wait in the lobby area if your surgery is local monitored anesthesia care. Your PACU stay will only be about 30 minutes. • Once you are ready for visitors, the pager will vibrate and they will be directed to you in the Recovery Room.

SAINT JOSEPH HOSPITAL
OUTPATIENT PAVILION: SURGERY CENTER
HOME CARE INSTRUCTIONS

Typical Day	Signs/Symptoms to Report to your Doctor	Activity	Nutrition	Additional Information	Pain Management
<ul style="list-style-type: none"> • Nausea and vomiting may occur after you go home. • With general monitored anesthesia, you may be groggy or sleepy. Anesthesia sometimes causes temporary amnesia to occur. • With that amnesia, you may not remember all of your discharge instructions. Those who were with you in the Recovery Room should review your instructions with you after you get home. • Follow your surgeon's instructions regarding your dressings. Use the blue written copy of instructions as your guide. There will be a bright pink paper on top of your discharge paperwork. 	<ul style="list-style-type: none"> • Excessive drainage/swelling from the surgical area. • If pain medication is not effective. • If temperature is greater than 101 degrees. • Your surgeon's phone number is on the upper right corner of your blue instruction sheet. Do not hesitate to call your doctor's office if you have any questions or problems. 	<ul style="list-style-type: none"> • Get plenty of rest for the remainder of the day. • For your safety, have someone readily available to assist you. • Follow activity limitations as directed by your surgeon. • Maintain rest periods, but KEEP ACTIVE. • Take the opportunity to move around about 30-45 minutes after taking pain medication. You will be more comfortable and more likely to have less hesitation to get up and move around. 	<ul style="list-style-type: none"> • Start slow, with clear liquids and increase as tolerated. • Eat well balanced meals for good wound healing. • Drink lots of fluids. 	<ul style="list-style-type: none"> • Make an appointment for your follow-up visit as indicated on your blue instruction sheet. • You will receive a follow-up call from the PACU staff 24 –48 hours post-surgery. This is an opportunity to clarify any questions regarding your progress. • Please utilize our patient survey to note any improvements we can make to our services. We appreciate your feedback. 	<ul style="list-style-type: none"> • Remember it is normal to have some pain or discomfort after surgery. • Take your pain medication with food as prescribed. You should take it regularly for the first day (24 hours) or so to promote your comfort and help carry on activities at home. • If nauseated with taking pain medication, be sure to have some food in your stomach when you take the medicine. • Being comfortable helps you move with ease. • Avoid taking alcohol when taking pain medication. • Avoid driving while taking pain medication.

Source: St. Joseph Hospital, Orange, Calif. Reprinted with permission.