Your Surgery Guide and Pathway to Recovery

PRE-OP INFORMATION & PERSONAL RECOVERY PLAN

Please bring this to all your pre-surgical and day of surgery appointments.

MCMC
MID-COLUMBIA MEDICAL CENTER
1700 East 19th Street, The Dalles, OR 97058
541-296-1111
YOUR NOTES:
Questions for Your Healthcare Provider & Nurse

Please bring this to all your pre-surgical and day of surgery appointments.
# Your Surgery Guide and Pathway to Recovery

**PRE-OP INFORMATION & PERSONAL RECOVERY PLAN**

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Ten Components of Planetree

**HUMAN INTERACTIONS**
Planette is about human beings caring for and serving other human beings.

**HEALING ENVIRONMENTS**
Planette firmly believes that the physical environment is vital to the healing process of the patients.

**NUTRITION AND NUTRITIONAL ASPECTS OF FOOD**
Nutrition is recognized as an integral part of health and healing essential not only for good health, but as a source of pleasure, comfort and familiarity.

**FAMILY INVOLVEMENT**
Social support has been shown to be vital to good health. Care Partners augment the healing process by providing emotional, spiritual and physical assistance.

**HEALING ARTS: NUTRITION FOR THE SOUL**
Music, storytellers, clowns, and funny movies create an atmosphere of serenity and playfulness in the Planetree Model.

**EMPOWERING PATIENTS THROUGH INFORMATION & EDUCATION**
Planette’s emphasis on patient and family education is rooted in its early history and is the foundation for patient participation and self-determination.

**SPIRITUALITY: THE IMPORTANCE OF INNER RESOURCES**
Planette recognizes the vital role of spirituality in healing the whole person.

**IMPORTANCE OF HUMAN TOUCH**
Touch is an essential way of communicating caring and is often omitted from the clinical setting. The emotional and mental support of a true, caring touch is an intrinsic part of healing and is a humanistic approach based on the body’s natural ability to heal itself.

**COMPLEMENTARY THERAPIES**
Offering the best of all possible healing choices to patients, integrative therapy is used to describe the combination of conventional and complementary therapies to stimulate the body’s natural healing process.

**HEALTHY COMMUNITIES**
Expanding the boundaries of healthcare: working with schools, senior centers, churches and other community partners, organizations are redefining healthcare to include the health and wellness of the larger community.
Your Surgery Guide & Pathway to Recovery

At Mid-Columbia Medical Center, we believe that preparing you and your family before your medical procedure is vital to providing excellent patient care, as well as helping you achieve the best possible outcome after your surgery. The better prepared you are physically, mentally, and spiritually for your surgical journey the better and faster you will recover. Becoming an active partner with your doctors and caregivers before your surgery will help minimize anxiety beforehand, and maximize your recovery afterward.

In an atmosphere that nurtures your well-being, we will use the best technology and expertise available for your individual surgical procedure. Our goal is to return you to health as quickly and safely as possible.

We have developed this booklet as a guide for you and your family leading up to your admission. The guide will help answer questions about the admission process. It includes tips to prepare you for your procedure, explains what to expect in the hospital before and after your surgery, and how to care for yourself at home as you recover. You will also find information about the Planetree Services & Healing Arts program to make your time at Mid-Columbia Medical Center a positive and healing experience.

We encourage you to read through this guide carefully, and refer back to it in the coming weeks or days before your surgery. Share it with your Care Partner, family members and caregivers as they are an important part of your recovery.

If you have questions about what you read in the guide, ask your doctor or contact the Pre-Op Clinic Coordinator at 541-506-6915. Thank you for letting us be a part of your journey to wellness.
Planetree Health Resource Center

We believe that information is a vital part of your surgery experience. Knowing about your surgical procedure and the type of self-care you can do during recovery can help reduce anxiety and stress before your surgery and enhance healing afterward. You may request a free health information packet before your surgery through the Planetree Health Resource Center. The Planetree Health Resource Center’s information specialists will prepare a packet that will include materials about your specific operation, and self-care during rehabilitation and recovery. Each packet is carefully built to address the individual information needs of each patient. Learning about your health makes you a better partner in your care.

To request a free packet call the Planetree Health Resource Center at 541-296-8444. Our knowledgeable staff will prepare your packet and send it to your home.
Preparing for Your Surgery

PRE-REGISTRATION APPOINTMENT
All patients must pre-register up to two weeks before surgery. Mid Columbia Medical Center is staffed to complete your pre-registration Monday through Friday, 8:30 am to 3 pm. Please call the Pre-Op Clinic Coordinator at (541) 506-6915 to schedule a pre-registration appointment. When you arrive to pre-register, enter Mid-Columbia Medical Center at the Emergency entrance and check-in at the Patient and Visitor Services (PVS) desk. Please call ahead if you need help from your car. Wheelchair assistance is available upon request. Be sure to bring your pre-op paperwork from your doctor. Expect to sign all required forms during your pre-registration appointment. An escort will take you to the Pre-Op Clinic office in Room 410 of the Same Day Care Department on the 4th floor.

WHAT TO BRING FOR THE PRE-OP CLINIC COORDINATOR:
- Social security number
- Medical insurance card(s) & policy information
- Name, address and phone number of employer
- Copy of current Advance Directive/Living Will, if not already at MCMC
- Emergency contact information
- All papers from doctor’s office
- Photo ID

We have provided a pocket page in front of this booklet for these items and other information you may collect.
WHAT TO BRING FOR THE PRE-OP CLINIC COORDINATOR:

- This guide book
- List of major surgeries and approximate year
- List of allergies including medication, food, latex, rubber or dyes
- List of medications, including over-the-counter and vitamin supplements (how much and when taken)
- Primary care doctor’s name and phone number
- List of instructions from your doctor
- Doctor’s orders
- Immunization record

Patients whose surgery is scheduled too quickly for a pre-registration appointment will receive a phone call from a Registered Nurse about one to three days before your surgery date. The purpose of this phone call is to collect necessary information from you, to assist you with preparations for surgery, and to answer any questions you may have regarding your stay at Mid-Columbia Medical Center. You will also need to speak with the Pre-Op Clinic Coordinator to ensure your registration is complete.
Preparing for Your Hospital Admission

Do not eat or drink (not even water, coffee or gum) after midnight the night before your surgery. This prevents the contents of your stomach from getting into your lungs during surgery. Your doctor may tell you to take your medications with a small sip of water. Follow the instructions exactly.

Your surgeon will decide the time of your surgery. If you do not hear from your surgeon’s office by 2 p.m. the business day before your surgery, call their office to confirm the time you need to arrive at the hospital. Please be available at your usual telephone number the day of surgery, in case we need to contact you.

- You may be asked to have laboratory and/or diagnostic imaging testing before surgery.
- You may be asked to scrub your skin with special soap that will be provided for you.
- Do not clip or shave the surgical area.
- Do not mark the surgical site area. The surgeon will do this with you before your surgery.
Preparing Mentally, Physically and Spiritually for Your Surgery

Surgery can be stressful. Some people deal with stress and anxiety by increasing smoking and alcohol use; both of which decrease immune function and wound healing and increase post-op infections. Preparing for surgery using techniques known to reduce stress has been shown to decrease pre-operative anxiety and post-operative pain.

Uncertainty and fear of the unknown can be a large cause of stress. This surgery guide, the free patient information packet from the Planetree Health Resource Center, the Pre-Op Clinic nurse and coordinator visits, and the surgeon’s explanations all provide information to help you prepare for surgery.

We encourage you to prepare yourself like an athlete training for an event – mentally, physically and spiritually; being calmly confident and ready for your procedure. You can also prepare yourself for surgery by positive thinking and keeping your body as healthy as possible. Get plenty of sleep, eat healthy, decrease or eliminate tobacco and alcohol and practice relaxation techniques such as deep breathing, meditation and guided imagery.

You may find that listening to relaxing music, journaling to express your emotions, enjoying nature, praying or talking with family members and Care Partners about the upcoming surgery also help to strengthen your immune system and best prepare your mind, body and spirit for surgery.

You may identify a Care Partner, typically a family member or friend, who will be a support person during the hospital stay and after discharge.

As you prepare for your surgery, think about what gives you strength and comfort; and fold these into your unique surgery experience. Feel free to bring items such as a favorite sleeping pillow, iPod and music, prayer book or other items that help make you comfortable and rest well during your stay.
Resources:

- Chapel (far end North Wing 2nd Floor)
- Spiritual Care Provider (Chaplain): Contact MCMC Operator or Dial 6999
- Planetree Coordinator: 541.296.7266
- Gardens: Healing Garden (East of Commons); Labyrinth Garden (North of Celilo Center); Flag Garden (Front of Hospital)
- Center for Mind & Body Medicine: 541.296.7714
- Planetree Health Resource Center: 541.296.8444
Five Things You Can Do To Prevent Infection

Here are five easy things you can do to fight the spread of infection:

1. **CLEAN YOUR HANDS**
   - Use soap and warm water. Rub your hands really well for at least 15 seconds. Be sure to get in between your fingers.
   - Or, if your hands do not look dirty, clean them with alcohol-based hand sanitizers.

2. **MAKE SURE HEALTH CARE PROVIDERS CLEAN THEIR HANDS OR WEAR GLOVES**
   - Doctors, nurses, and other health care providers come into contact with lots of germs and viruses. So before they treat you, ask them if they’ve cleaned their hands.
   - Healthcare providers should wear clean gloves when they perform tasks such as taking throat cultures, taking blood, touching wounds or body fluids, and examining your mouth or private parts. Don’t be afraid to ask them if they should wear gloves.

3. **COVER YOUR MOUTH AND NOSE**
   - Many diseases are spread through sneezes and coughs. When you sneeze or cough, the germs can travel 3 feet or more!
   - Cover your mouth and nose to prevent the spread of infection to others.
   - Use a tissue! Keep tissues handy at home, at work and in your pocket or purse. Be sure to throw away used tissues and clean your hands after coughing or sneezing.
   - If you don’t have a tissue, cover your mouth and nose with the bend of your elbow or hands. If you use your hands, clean them right away.

4. **IF YOU ARE SICK, WITH A DISEASE THAT CAN SPREAD, AVOID CLOSE CONTACT WITH OTHERS**
   - If you are sick, stay away from other people. Don’t shake hands or touch others.
   - Warn visitors to be careful and wash their hands.
   - Avoid visiting areas where you may expose others.

5. **GET SHOTS TO AVOID DISEASE AND FIGHT THE SPREAD OF INFECTION**
   - Make sure that your vaccinations are current – even for adults. Check with your doctor about shots you may need.
Day of Surgery

WHAT TO BRING WITH YOU:

• Insurance card(s), if you have not pre-registered.

• Prescription medication list, include all over-the-counter medications and vitamin supplements you use as well.

• Any assistive devices prescribed for walking such as a cane, crutches, or walker.

• Be prepared to pay for prescriptions you will need to pick up after surgery.

• Things to help you relax - a book, magazine, music for relaxation, deck of cards, handwork to pass the time in case of delays. Although your surgery is scheduled to begin at a certain time, emergencies can change hospital schedules at the last minute.

• For patients who have sleep apnea and use a sleep apnea device, please bring your mask attachment and a record of the settings you normally use.

• Phone number of designated driver after discharge.

• This surgery guide.

PLEASE LEAVE AT HOME:

• Leave all valuables at home including rings, other jewelry and money.

WHAT TO WEAR TO THE HOSPITAL:

• Loose, comfortable clothing and comfortable footwear.

• If you are having upper extremity surgery such as shoulder, elbow or hand surgery, a loose button down shirt is recommended.

• If you are having lower extremity surgery such as knee, ankle or foot, loose fitting sweat pants or shorts are recommended.

• Do not wear makeup or nail polish.
FOR YOUR SAFETY THE SAME DAY CARE NURSES WILL CONFIRM:

- Your name and date of birth, and verify your surgical site.
- Your list of medications, as well as when you last took your medications.
- Your chart will be verified for consent and information forms needed by anesthesia and the surgery team.
- Your current physical condition and your vital signs (temperature, heart rate, and blood pressure).

A hospital gown will be provided for you to change into before you are taken to the surgery waiting area. An IV needle will be placed in your arm so that the anesthesiologist can begin medications as soon as you enter the surgical suite. To help make you comfortable when you are taken to the surgery waiting area, a warming gown or warm blanket can be used to keep you more relaxed. Staying warm and relaxed will help you heal faster after surgery.

In our effort to enhance the quality of care our patients and their families receive, a Surgery Experience Guide is available upon arrival at Mid-Columbia Medical Center. The purpose of the Surgery Experience Guide is to assist and support patients and their families through the surgery process from the moment you check in through discharge. The Surgery Experience Guide is the link between you and the healthcare team during your stay. They will be there to answer any questions that may arise, for your family or you, regarding the status of your care as you move from surgery, to recovery and discharge. Your family or friends can remain with you in Same Day Care while you wait to be called to surgery. After you are called, one or two designated family members or friends can go with you and your Surgery Experience Guide to the surgery waiting area.
Before your surgery your doctor will review your procedure, mark your surgical site if needed, and answer any questions you may have. The surgery nurse will repeat questions you have answered before such as allergies, and ask you to confirm your surgical site and the surgery to be done. This is for your safety and protection. Your nurse will explain what you can expect in the operating room and answer any questions you may have before taking you into surgery.

There are a variety of areas throughout the hospital campus where your family and friends will be comfortable during your surgery. These areas are shown on the map provided in this guide. A beeper will be provided to alert them when your surgery is nearly complete. Your surgeon will talk with your family while you are in recovery. Once you are out of recovery, your family may join you in your post-op room in Same Day Care.

- **Activity Room**: Available on both 3rd and 4th Floor, immediately located as you step out of the double elevators. These spaces are like a “Living Room” for hospital guests and patients. You may watch television, play cards, take a nap, enjoy the aquarium.

- **Library**: Located approximately half way down the north wing on both 3rd and 4th Floor, these spaces offer a computer and various books/resources for your use.

- **Quiet Room**: The last room on 4th Floor North Wing, directly above the MCMC Chapel. The Quiet Room is furnished with comfortable seating to enjoy the expansive view of the Columbia River.

- **Atrium**: Located on the 1st Floor. Space is available for using your laptop, resting, and enjoying a beverage from the Common Grounds Coffee Cart. You may access the Atrium Falls Cafe and the outdoor Kelly Commons, Labyrinth Garden and Healing Garden.
Anesthesia

The anesthesiologist is a specialist trained doctor who monitors you during surgery and administers appropriate medications, fluids or blood products as needed to help you tolerate the surgery. He or she will meet with you to go over your health history, any medical problems and discuss the best anesthesia for your surgery. The different types of anesthesia used at MCMC are:

• **GENERAL ANESTHESIA** — You are given IV medication that puts you to sleep. A tube is placed in your throat to help you breathe. While you are sleeping you are watched very closely. More medication is given as needed. After your surgery you are returned to the recovery room before going back to Same Day Care.

• **MONITORED ANESTHESIA CARE (MAC)** — This type of anesthesia is typically used for minor or shorter surgeries. You are given IV medication that helps you drift off to sleep. You will not feel pain, but will awaken more easily and quickly after your surgery is completed. In most cases you are taken directly back to Same Day Care.

• **REGIONAL ANESTHESIA** — This type of anesthesia numbs a certain portion of your body, such as an arm or leg(s), so you do not feel the surgery. Examples of regional anesthesia are spinals, epidurals, and certain nerve blocks. Regional anesthesia can also help with pain after surgery and can be used together with one of the above types of anesthesia. Usually, you would go to the recovery room after receiving a regional anesthesia.

• **LOCAL ANESTHESIA** — For certain minor procedures, a sedative drug is given into your IV to help you relax. Then you will have a local numbing medication injected directly into the area of the surgical site.
After Surgery

After surgery you will be taken to the recovery room. An expert staff of Registered Nurses, trained to care for you as you wake up from your anesthetic, will provide your nursing care. Your vital signs (temperature, heart rate, blood pressure and respiratory rate) are closely watched. When you are ready to leave recovery and return to your room in Same Day Care, your Surgery Experience Guide will escort you.

To help prevent blood clots, regain strength, and speed recovery your nurse will have you get up and walk soon after surgery. Moving around also helps your bowels return to normal. Do not try to stand and walk by yourself. Your nurse will help you as needed.

During surgery you wear special socks, or leggings that massage your legs to prevent blood clots. You may need to continue to wear the socks for a while after your surgery.

You will be told what you can eat. Be sure to ask the staff before you drink or eat food from home. Follow their instructions until your digestive system recovers from the effects of your surgery and the anesthesia.

Most patients are concerned about pain after surgery. It is normal to have some pain. Your nurses will ask you about your pain level and do their best to make you comfortable. Comfort measures may include pain medication, pain pumps, cold therapy, and changing your position in bed.

Your throat may be sore if a tube was used to help you breathe during surgery. Use throat lozenges, hard candies, salt water gargles, or ice to help reduce any soreness. Your throat should feel better within one or two days. If not, call your doctor.

Your Incision & Surgical Site

Doctors use different methods to close incisions at the surgery site. Your incision may be closed with sutures (stitches), glue, clips, or steri-strips (surgical band-aids). After surgery, your nurse will examine your incision for any problem. Discharge instructions will include care of your wound and dressing.

After surgery, you may be asked to cough and take deep breaths to help your lungs expand and keep them clear. Before coughing or breathing deeply hold a pillow over your surgical area to provide support and reduce discomfort.

The antibacterial scrub will make your skin appear peach or orange colored.
Going Home

Your doctor may order pain medication for you to use at home. Take it as needed and as prescribed. Medication needs time to begin working. You should take your medication before your pain is severe. If your pain medicine is not relieving your pain call your doctor.

REMEMBER

- Someone must be available to drive you home at discharge. Most transportation services need at least 24-hours advance notice. You are responsible for having transportation ready when you are discharged. **Your surgery may be cancelled if you are unable to make driving arrangements.**

- You will receive discharge instructions before you leave the hospital. Discharge instructions include: medications you should continue to take, prescriptions called in to your pharmacy, and your post-op doctor’s appointment.

- Remember do not drive, operate machinery, drink alcohol or take any medicine not approved by your doctor for 24 hours after surgery.

- You can expect some loss of memory and drowsiness for the first 24 hours after surgery. Allow plenty of time for rest.

- Any limits on your activity should be included in your discharge instructions.

CALL YOUR DOCTOR IF:

- You have an increase in pain, or your pain medication is not controlling your pain.

- You have bright red bleeding or other fluid from your incision.

- You have a fever over 101, pus, heat, redness, or lots of swelling at your incision, or surgical site. Some swelling and warmth is normal.

- You have pain in your calf or lower leg.

- You have new shortness of breath.

- You have swelling of your stomach or abdomen.

- You have constipation not helped with a gentle laxative such as Milk of Magnesia or mineral oil.

- You have ongoing diarrhea or a hard time passing urine.
To reduce your pain once you are home, ice or cold therapy may be applied to your incision for 20-30 minutes three times a day (or as instructed by your doctor). Wrap ice in a towel before applying to your incision.

Most doctors’ offices will call you the day after surgery and will answer any questions you have. The Same Day Care nurses will call you the first working day after surgery.

For Overnight Stay Admissions

If your surgeon decides you need to stay overnight, Patient & Visitor Services (PVS) will have your room number. Your family can call PVS at 541-296-7215 or (ext. 7215 from any hospital phone) 1/2 hour after your surgery for room information. Your clothing will be placed in an unlocked storage area. Ask the staff in the nursing unit where you stay to return them to you.

Mid-Columbia Medical Center, a Planetree hospital, has open visiting hours. We ask families and friends to keep our patients comfortable and help them heal by respecting quiet hours from 8:00 pm to 8:00 am. The activity rooms, lounges and kitchens on each floor are for use by our patients and their guests.

If you have questions about your scheduled stay, please call the Pre-Op Clinic Coordinator at 541-506-6915 from 8:30 am to 3:00 pm, Monday – Friday.
Patient Parking at MCMC

North