

Understanding Your Surgery



What You Need to Know

SIMPLE STEPS TO GET THROUGH YOUR SURGERY

 **Aspen**
Surgery
Center

in affiliation with
Simi Valley Hospital
— Adventist Health

Understanding Your Surgery

Welcome to the Aspen Surgery Center

We are committed to providing high quality health care services with a personal, caring touch. While you are here, our physicians, nurses, and other staff members will work with you and your family to make your experience at the Aspen Surgery Center as pleasant as possible! That's why we never forget that you are the most important member of our health care team, and we wish to keep you informed, comfortable and safe.

From the time your physician determines you need surgery to when you go home after your procedure, it is important that you understand each step of the process. This brochure will provide you with valuable information to ensure you and your family have the best experience possible.

Please call your physician's office with any questions.

Physician's Phone Number



Understanding Your Surgery

TABLE OF CONTENTS

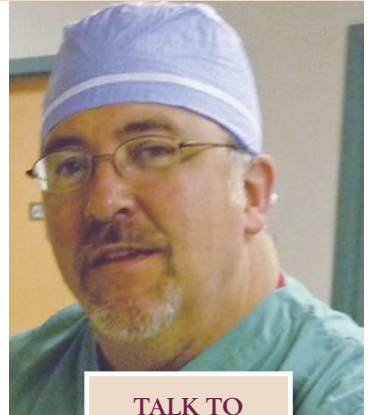
- 2 Welcome
- 3 Talk to Your Doctor
- 4 What to Plan
- 7 How to Prepare
- 8 Day of Surgery
- 10 After Surgery
- 12 Things to consider
- 14 Checklist

MEET WITH YOUR DOCTOR

Now that you and your doctor have determined that surgery is the needed treatment, your doctor will now meet with you to discuss the risks and benefits. It is important that you get answers to all of your questions. You should never hesitate to ask your physician or Aspen Surgery Center patient care staff any question you may have.

Notify your physician if you have a cold, fever or infection of any kind before coming in for surgery.

You should have no skin rash, scratches, breaks or recent tattoos on the skin at the surgical site.



TALK TO YOUR DOCTOR

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WHAT TO PLAN

DESIGNATED CONTACT AND ADVANCE DIRECTIVES

When you register, you will be asked to designate one individual as your contact person whom your health care team may communicate with during and after your surgery. Federal law, as well as our concern for patient privacy, prohibits us from sharing information about a patient to anyone who calls the Aspen Surgery Center to inquire without having express permission from the patient. All inquiries from family and friends should come from your designated contact person. When you pre-register, you will need to record the name of your contact person.

California law provides individuals the ability to make their health care wishes known through an Advance Health Care Directive. If you have an Advance Health Care Directive, please bring it with you on the day of your surgery. For information on how to create an Advance Health Care Directive, please contact your doctor's office.

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PRE-REGISTRATION

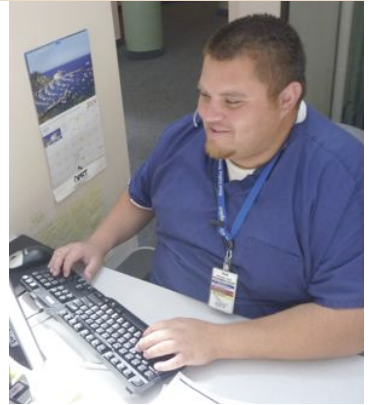
You may pre-register your insurance and demographic information online up to two business days in advance by logging on to www.SimiValleyHospital.com. Click on “Pre-register Online” in the left-hand column of the page and follow the prompts.

The pre-registration process requires insurance card information, the procedure date and time, type of procedure, a phone number where you can be reached and the name of your designated contact person. Remember, pre-registering for your surgery will minimize paperwork the day of your surgery and let you focus on what’s most important—yourself and your healing. A nurse will also be contacting you for your health history.

If you are unable to pre-register online, you will be contacted by a member of our admitting staff by phone a day or two prior to your surgery to assist you. If you have any questions about pre-registration, please call (805) 955-8008.

AT THE ASPEN SURGERY CENTER

Please check in at the registration desk, where you will be signed in and accompanied to the waiting area. A nurse will then meet you and accompany you to the pre-operative area.



Understanding Your Surgery



Items to have with you

- Insurance cards or forms
- Co-pay if required
- Advance Health Care Directive, if applicable
- A parent or legal guardian (if the patient is younger than 18 years of age)
- List of medications, including herbal supplements, vitamins and over-the-counter medications (such as Tylenol)
- A case for your eyeglasses, contact lenses or dentures

Please leave your valuables, such as jewelry, cash and credit cards at home or with your contact person.

PRE-SURGERY INTERVIEW AND TESTING

You will be contacted before your procedure

You will be called a day or two before your procedure by one of the members of our nursing staff. The pre-assessment nurse will go over your medical history, medications, answer any questions you might have, and review the day of surgery process and discharge. At this time the nurse will confirm your arrival time for your procedure.

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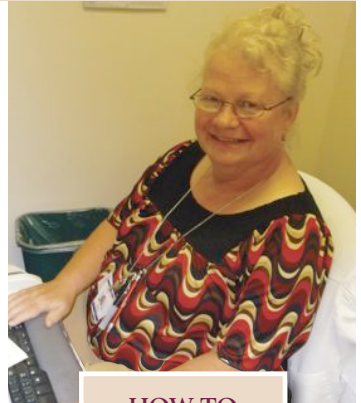
Diagnostic testing, such as X-rays, may be ordered by your surgeon or primary care physician. These pre-surgical tests give us important information about your health.

Advise your doctor or nurse of any medication you are taking and/or any allergies you have.

PREPARE YOUR HOME AND TRANSPORTATION

Plan your transportation and help with home care well ahead of your procedure date. For your safety, a responsible adult must accompany you when you leave the Aspen Surgery Center. You will not be permitted to drive for a minimum of 24 hours after surgery. Your physician will provide you with specific instructions at the time of discharge.

Make changes to your home to make your recovery easy. For example, if you're told to avoid climbing stairs, you may want to prepare a bed downstairs. Prepare food ahead or buy pre-made meals to reduce the amount of work you will have to do after your surgery.



**HOW TO
PREPARE**

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DAY OF SURGERY

HOW TO PREPARE YOURSELF

No Food or Drink

Do not eat or drink anything after midnight before your surgery (this includes sucking on hard candy, mints or gum). You may brush your teeth; just remember to avoid swallowing the water.

If you take daily medications, check with your physician about what to do the morning of your procedure regarding your medications.

Avoid Tobacco, Nicotine and Alcohol Products

Please do not use tobacco or nicotine products at least 12 hours before your surgery. Ideally, it would be best to stop smoking months before the operation as smoking inhibits the healing process. Also, avoid drinking alcohol at least 24 hours before surgery.

Day of Surgery

- Shower
- Remove makeup, lipstick and fingernail polish
- Do not apply lotions, creams or make-up; these items can be irritating to your skin and eyes while under anesthesia
- Wear comfortable, loose clothing
- Remove all body piercings

Understanding Your Surgery

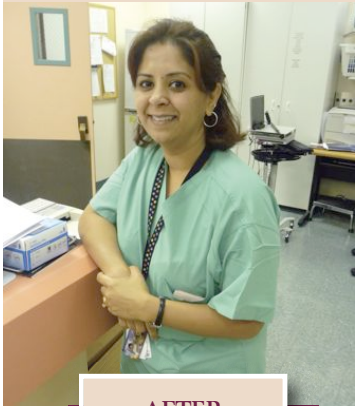
BEFORE SURGERY

Once at the pre-operative area:

- You will change into a hospital gown and receive an identification bracelet
- You will remove glasses or contact lenses
- If you have hearing aids or dentures, ask whether you should remove them for surgery
- Your anesthesiologist will discuss the plan for your anesthesia
- An intravenous (IV) line will be started in an arm or hand vein to provide medications and fluids during surgery
- Prior to your procedure, your surgeon will be available to answer any questions you may have
- Your surgical site area will be marked by the surgeon
- Your operating room nurse will confirm that you are fully prepared to enter the operating room
- A member of the health care team will take you to the surgical suite



Understanding Your Surgery



AFTER SURGERY

AFTER SURGERY

Once your operation has been completed, you will be taken to the recovery room and monitored as the anesthesia begins to wear off.

Discomfort after surgery is normal. We commonly use a combination of drugs to minimize patient's pain and nausea. If you continue to have excessive pain, please notify your nurse immediately. Our goal is to keep you as comfortable as possible.

Common side effects you may experience include nausea, vomiting & dizziness. You might have a mild sore throat due to the tube placed in your airway during anesthesia. Soreness or bruising from your IV may occur and should disappear in a few days.

Post surgery instructions depend on your individual needs and the type of surgery you're having. The nurses and doctor will guide you through daily activities, diet, pain medications and the rehabilitation process.

Eating a healthy diet, drinking plenty of fluids and following your doctor's instructions will help you recover sooner.

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ACTIVITIES AFTER SURGERY

Activity as soon as possible after surgery is very important for a quick and uncomplicated recovery. Your physician will instruct you on approved activities following your surgery.

Activity will help:

- Expand your lungs to help prevent the development of lung infection
- Assist the bowel in resuming normal functioning
- Prevent blood from pooling in the legs, which can lead to blood clots

Please Remember

At our facility, a nurse will assist you in your first attempt to sit or stand up. At home, have a family member help you.

There is a careful balance to taking enough pain medications. If you take too little, you may have significant pain. If you take too much, then you will have challenges with steadiness, bowel movements and breathing. Please follow all medication instructions closely.



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THINGS TO CONSIDER

Some topics you may wish to ask your doctor include:

- Medications
- Incision care
- Bathing
- Pain control
- Diet
- Physical activity
- Resuming sexual relations
- Driving
- Any follow-up visits
- Returning to work
- You have a fever more than 101 degrees

Reasons to call your doctor after you have left the hospital:

- You have a fever more than 101
- Your incision bleeds excessively or becomes more red, swollen, painful or has a foul smelling discharge
- Your incision opens
- You feel too sleepy, dizzy or groggy (your medication may be too strong)
- If the pain medications are not working
- If you experience side effects from your medications such as nausea, vomiting, a rash or itching

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SPIRITUAL CARE

During your stay at the Aspen Surgery Center, we want to ensure that you are supported spiritually, as well as cared for physically. A chaplain is available to support your spirituality, as well as to contact your faith community or spiritual leader upon request. To speak with a chaplain, please ask your nurse or call (805) 955-6225.

Patient's Bill of Rights

<http://calpatientguide.org/>

For information about the Aspen Surgical Center or Simi Valley Hospital

www.SimiValleyHospital.com

Click on *services*, then *surgical services*, then *Aspen Surgery Center* to learn more about your surgical options.



Understanding Your Surgery



THINGS TO DO

PRE-SURGERY CHECK LIST Pg.

- | | |
|---|---|
| 1. Meet with your doctor | 3 |
| 2. Prepare advance directives - if needed | 4 |
| 3. Pre-registration | 5 |
| 4. Prepare items for surgery center visit | 6 |
| 5. Pre-surgery interview | 6 |
| 6. Get pre-surgery tests | 6 |
| 7. Prepare home for return | 7 |
| 8. Setup transportation to/from | 7 |
| 9. Prepare yourself for surgery | 8 |

AT HOME

- | | |
|---|----|
| 1. Concerns after surgery, call your doctor | 12 |
| 2. Need emotional support? Call our Spiritual Care Department | 13 |
| 3. Remember to take it easy for a successful recovery! | |



Surgery
Date:

Physician's
Name:

Physician's
Phone:

2750 Sycamore Drive, Simi Valley, CA 93065 • phone (805) 955-8100 • fax (805) 955-8147

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Adventist Health