My Surgery Road Map

BRING THIS ROADMAP WITH YOU TO APPOINTMENTS AND YOUR SURGERY

Name:____________________________________________  Surgeon:________________________________________

My surgeon and I have agreed that I will have __________________________ surgery on _________________

at Providence Tarzana Medical Center.

My primary care (referring) physician is:__________________________________________________________________

My estimated time in the hospital will be: ________________________________________________________________

After I am discharged, I plan to go to (home, skilled nursing, inpatient rehab):___________________________________

If you are under the care of a cardiologist, please discuss the surgery with your primary care physician and surgeon
prior to your surgery.

Registration and Pre-Admission

Call (818) 708-5593 to schedule your registration/pre-admission appointment.

Registration will call you to request import information once your surgery is scheduled.

Your pre-admission appointment will also be confirmed at this time.

Who and what do I need to bring to my Registration/Pre-Admission appointment?

☐ If available, family/support system
☐ Surgeon’s orders
☐ Medication List and Medical History
☐ Insurance card
☐ Photo ID
☐ Surgical follow up appointment date

How long will this take?

☐ Expect to be at your Pre-admission appointment for one hour.

What will happen at my appointment?

☐ Interview and teaching with a nurse.
☐ Receive answers to questions about my surgery.
☐ Complete lab tests ordered by my doctor.
☐ Additional tests (X-Ray, EKG, etc.)

What do I need to do before surgery?

☐ Do not eat or drink anything after midnight before surgery.
☐ Follow all pre-op instructions.
☐ Finalize plans with my family/friend.
☐ Arrange to have prescriptions filled before leaving the hospital.
☐ Plan who will drive me home and to my follow-up appointments.

Please leave your valuables and medications at home. Do not bring to the hospital.
After Surgery

Preparing to Leave the Hospital Before You Come

☐ Who will take you home and help care for you after surgery? They will need to stay with you or be immediately available. Or you may need to stay someplace else to receive the help you need as your recover (a skilled nursing or rehabilitation facility). These are important discussions to have with your doctor and family before surgery.

☐ Medical equipment may be needed at home. Your surgeon’s office can help explain what you may need.

☐ Plan to have your prescriptions filled at your local pharmacy so they are available before you go home.

☐ If needed, our case managers will help arrange follow-up therapies ordered by your doctor.

☐ Instructions about your at-home diet, activity, medications, pain management, and incision care will be provided by your nurse before you leave the hospital. This is your opportunity to ask questions about your recovery plan.

Managing Your Pain

☐ You will most likely experience pain after surgery. Your doctors and nurses will do their best to help you manage your pain. You will be taught how to communicate your pain on a scale of 0-10 or by using a facial expression scale.

☐ Pain management will be collaboratively addressed by you and your healthcare team.

☐ Tell your nurse or doctor if your pain is not adequately managed.

☐ If taking pain medication after going home, do not drive a car, operate power tools, or drink alcoholic beverages.

☐ Pain medication can cause constipation. This can be relieved by drinking more water, eating high fiber foods, walking and taking a stool softener medication recommended by your doctor.

Nutrition and Safety

☐ You will most likely have an IV to keep you well hydrated until able to drink.

☐ If you have a foley catheter (a tube that drains the bladder) it will be removed as soon as possible, per your doctor’s instruction.

☐ Depending on your surgery, you may have a tube that goes to your stomach through the nose to manage nausea and vomiting.

☐ After your surgery, your food intake is typically limited. Your physician will progress your diet as appropriate.

Keeping your Lungs Healthy

☐ You will be taught breathing techniques to keep your lungs clear. You may receive a breathing device called an Incentive Spirometer. This helps you take deeper breaths and should be continued at home until back to your normal activity.

☐ PTMC is a non-smoking campus. Smoking is harmful to healing. If you or anyone in your household smokes, resources are available to help you quit.
Getting Up Safely

☐ Getting up soon helps you heal quicker. You will be helped to sit up at the bedside and walk within a few hours after surgery.

☐ Moving in bed and turning is critical in preventing bed sores. Your nurses will help you with turning and positioning as needed.

☐ Please do not get up without asking for help! You are at high risk for falling after surgery. Your nurses will be checking in frequently to see if you need help getting up.

☐ Tell your nurses if you use a cane, walker, or wheelchair at home. Physical or Occupational Therapy may be ordered by your doctor.

Keeping your Blood Moving

☐ Less activity after surgery may increase your risk for blood clots. Expect to walk as soon as possible. Moving your feet and ankles in bed also helps.

☐ You may have equipment to prevent blood pooling in your lower legs, including sequential compressive devices (SCD) on your legs. It is important while you are in bed to have these on.

☐ Blood-thinning medication may be ordered by your doctor to help prevent blood clots.

☐ Immediately tell your doctor or nurse if you have pain or swelling in your legs, start to feel short of breath, or have chest pain.

Preventing Infection

☐ Hand washing or using hand sanitizers is the #1 way to prevent infection! Everyone must clean their hands going in and out of patient rooms, after going to the bathroom, and before eating.

☐ Caregivers and visitors might need to use protective (“isolation”) attire if you have a current or prior infection, or if you need additional protection.

☐ Antibiotics may be given through an IV (intravenous) line in the operating room and for a short time after surgery. If going home with an antibiotic, take the entire prescription as directed.

☐ Keep your surgical site clean and dry and follow your surgeon’s instructions for changing your dressings.

☐ Call your follow-up doctor after going home if you have a fever over 101°F, chills, unusual bleeding, drainage, swelling, redness or increasing pain at your surgery site.

More Safety Information

☐ You will have a wristband and be asked to provide your name and birthdate prior to receiving tests and procedures.

☐ Each member of your care team will tell you their name and role in your care. Please ask if you are unsure who is caring for you.