



Patient Handbook

Surgery

Handbook for: _____

Surgery Date: _____ **Surgery Time:** _____

Please arrive at: _____

Upcoming Appointments for Your Surgery:

Contact Information

Department	Hours of Operation	Phone Number
Providence Newberg Medical Center	24 hours a day. 7 days a week.	503-537-1555
Pre-admit Care Clinic	Monday – Friday 9:00 am - 5:00 pm	503-537-5832
Short Stay Unit	Monday - Friday 6:00 am – 9:00 pm	503-537-1450
Department of Anesthesia	Monday – Friday 7:30 am – 5:00 pm	503-537-1796 (voice mail only)
Surgery Estimate Line	Monday – Friday 8:00 am - 5:00 pm	1-855-367-1339
PMG Surgery Specialty Clinic	Monday – Friday 7:30 am - 5:00 pm	503-537-5620
Northwest Urology	Monday – Friday 8:00 am - 3:00 pm	McMinnville (503) 435-2561 Sherwood (503) 972-8760
Women’s Health Care Associates	Monday – Friday 8:30 am – 5:00 pm	503-538-2698
Northwest Extremity Specialists	Monday – Friday 8:00 am - 5:00 pm	503-554-8408

Our surgical services staff are privileged you have chosen us for your surgery needs. We strive to make your surgical experience a positive one for both you and your family. Enclosed in this pamphlet, you will find detailed instructions on preparing for surgery.

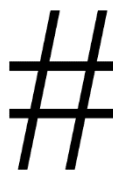
Prior to Surgery



All of our surgery patients have a pre-surgical screening by phone or in person with a registered nurse who is specially trained in preparing you for surgery. **One of these nurses will call you within a week of your surgery.**

During the pre-surgical screening interview, your chart is reviewed for health history, medications, allergies, prior surgeries and experiences with anesthesia.

Note: As we are preparing you for surgery, you may receive many phone calls to verify information. You could receive phone calls from: registration, surgery scheduling office, pre-admission nurse, your doctor or surgeon's office, and possibly a call from our hospital pharmacist. These calls will all originate from a general hospital number.



Listen closely for the correct number to call back to, as it will be different.



You will be offered a visit from the hospital chaplain the day of your procedure. The chaplain is non-denominational and can support you spiritually.

Section 1: Preparing for Your Surgery

Information about Anesthesia

What is anesthesia?

Anesthesia is a safe and effective means of alleviating pain and discomfort during your medical procedure. All anesthesia care is provided with the highest degree of professionalism by specialty trained anesthesia providers. The anesthetic plan chosen for you is based on factors such as your physical condition, the nature of the surgery, and your reactions to medications.

Consulting with your anesthesia provider

On the day of your procedure, you will meet your anesthesia provider, who will review your medical record, clarify questions about your medical history and perform a physical evaluation. Before anesthesia, a preoperative interview provides your anesthesia professional with valuable information that helps determine your care. You will have the opportunity to express your preferences for the plan of care, and have any questions answered.

If you need to speak with an anesthesia provider prior to the day of surgery, you may leave a voice mail message on the **Department of Anesthesia** phone number listed on page 2 of this handbook. An anesthesia provider will call you back typically within 24 hours of your voice mail message.

Medications Prior to Surgery

If you are taking aspirin or a prescription blood thinner (Coumadin, Plavix, Xarelto, Pradaxa, Eliquis) as part of your routine prescriptions, discuss with your provider when and if to stop prior to surgery.

1 weeks prior to surgery: We advise stopping all vitamins, herbals and supplements.

1 week before surgery: We advise stopping NSAIDS (aspirin, Excedrin, ibuprofen, naproxen, etc...).

48 hours prior to surgery: Do not take any medications similar to Viagra, Levitra, or Cialis.



Day of surgery: Do not take any medicines that may upset your stomach when taken without food.

Morning Medications: Please take your approved morning medications with no more than 8 oz. water to get them down. This must be done no later than **2** hours prior to surgery.

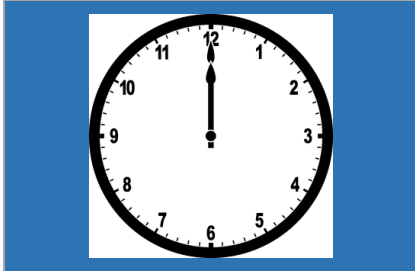
Diabetic Concerns



Do not take any insulins the morning of your surgery, unless you are instructed otherwise. You will be given specific instructions on your medications. If you wear an insulin pump, please set it to nighttime/sleep/sick day rate, or turn it off. Make sure your pump is placed in an area away from your surgery location.

Eating and drinking before surgery

Morning Surgeries



Do not eat or drink after **midnight**. This includes candy, gum, mints, chewing tobacco and alcohol.

Because of this, we recommend a healthy snack with protein the night before and that you hydrate well the days prior to surgery.

Bowel Preparation: If your surgeon's office is requesting you to drink a bowel preparation solution prior to surgery, please follow those instructions carefully.

Medications: Please take your approved medications with no more than 8 oz. of water to get them down. This must be done no later than **2** hours prior to surgery.

Afternoon Surgeries



You may be given permission that you can eat a **light and small** meal no later than **8** hours before your scheduled surgery starts. After that time, you may **ONLY drink plain water** until **4** hours before your surgery starts.

Quitting Smoking before Surgery

Stop smoking. This is the most important thing you can do, and you don't need to do it alone. Even quitting for one week before surgery will help speed your recovery.

For help quitting, call Providence Resource Line at 503-574-6595 or Quit for Life at 1-866-QUIT-4-LIFE, 1866-784-8454.

You can also go to Providence www.providence.org/stopsmoking.

Smoking Increases Your Risk of Heart and Breathing Problems

Smoking increases the mucus in the airways and decreases your ability to fight infection. It also increases the risk of pneumonia and other breathing problems.

The nicotine from cigarettes can increase your blood pressure, heart rate, and risk of arrhythmias (irregular heart beat). The carbon monoxide in cigarettes decreases the amount of oxygen in your blood. Quitting at least 1 day before your operation can reduce your blood pressure and irregular heartbeats.

Smokers have an increased risk of blood clots and almost twice the risk of heart attack as nonsmoker.

You can also go to: *Strong for Surgery* <https://www.facs.org/quality-programs/strong-for-surgery>

Traveling

If you live a long distance (over 60 miles) from Providence Newberg Medical Center, please make arrangements to stay in Newberg for 24 to 48 hours after you leave the hospital. After 24 to 48 hours, if you are driving a long distance to home, be sure to stop and get out of the car to walk every hour or two. Walking for a few minutes will help move your blood through your body. This will help prevent blood clots and may keep your muscles from cramping.

Ride Home

Once you have reached the Short Stay Unit, we will verify that you have a ride home. **You may not drive yourself after receiving any type of sedation.** Please arrange to have someone accessible to you for 24 hours after surgery. If you cannot get a ride home with a responsible adult, you may use medical transportation services. This is to ensure your safety!

Travel

Make hotel arrangements, as needed, for family members or friends who will be supporting you during your hospital stay. See list below of nearby hotels.

<p>Travelodge Suites by Wyndham Newberg 2816 Portland Rd, Newberg, OR 503-537-5000 www.wyndhamhotels.com</p>	<p>Holiday Inn Express Newberg 501 Sitka Ave, Newberg, OR 97132 503-537-0303 www.ihg.com</p>
<p>Best Western Newberg Inn 2211 Portland Rd, Newberg, OR 97132 503-537-3000 www.bestwestern.com</p>	<p>Town & Country Motel 1864 Portland Rd, Newberg, OR 97132 503-538-2800 www.townandcountrynewberg.com</p>



PRE-SURGERY BATHING

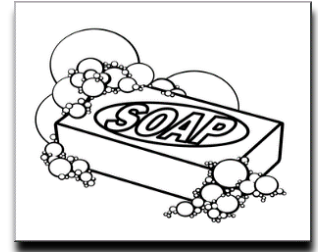
Cleaning your skin before surgery reduces the risk of infection.

2-3 days before: Stop shaving in the general area of your surgical site.

The night before surgery:

Take a warm shower, wash your hair first with your normal hair products, and then use an antibacterial soap such as Dial, or Safeguard to wash the rest of your body.

Dry off with a freshly washed towel and sleep in freshly washed sheets and fresh clothing. Please do not allow your pet to sleep with you this night.



The day of surgery:

Take a warm shower, just as you did the night before. You do not need to wash your hair again.

Dry off with another freshly washed towel and dress in freshly washed comfortable clothing.

Choose clothing that will be appropriate after surgery.

Do not apply any lotions, ointments, powders, deodorants, and makeup or hair products.

***Remove all jewelry and piercings if able.
If you are having surgery on an arm or shoulder and have a
ring on that hand, it MUST be removed prior to surgery***

ARRIVING TO THE HOSPITAL

Check in at the main entrance front desk. There, you will receive your name bracelet and be directed to the Surgical Services Department. This is where the Short Stay Unit is located. Once you have reached the Short Stay Unit, we will verify that you have a ride home. **You may not drive yourself after receiving any type of sedation.** Please arrange to have someone accessible to you for 24 hours after surgery.



The Short Stay nurse will help you prepare for surgery. They will verify your information from the pre-admission interview and ask about any changes. The nurse will then start an IV. Please let us know if there is a certain technique or specific location that works best for you.



You will meet with your surgeon and anesthesia provider. They will answer any questions that you may have and confirm your scheduled surgical procedure.

You may be requested to provide a urine sample on arrival before certain procedures.





Children Having Surgery

Here at Providence Newberg Medical Center, we strive to make our littlest patients comfortable with their medical care. If your child is having surgery, you have the most important role in making your child's surgical experience a good one. Here are some key points.

- Your child is always listening. Speak positively when talking about experiences in the hospital or with surgery.
- Prepare your child by talking about the process. The unknown can be scary.
- Bring comfort items from home to aid in distraction.
- If your child is under the age of 15, you must remain on campus at all times.

Please let us know at the pre-admission interview if your child has any special needs, learning disabilities or specific fears, so we may plan in advance.

Preparing For Discharge

After surgery, you will wake up in the Post Anesthesia Care Unit (Recovery Room). Your surgeon may contact your family at this time and update them on your condition.

If you are going home that day, you will return to the Short Stay Unit and be discharged from there. Your family can join you. We will make sure you can tolerate drinking and eating, and urinate before you go home.

Once You Return Home

Plan to be at home the rest of the day. We recommend that someone stays with you overnight.

Please follow your discharge instructions you received at the time of discharge.

- Deep breathing, coughing and getting up helps to keep your lungs clear and prevent post-surgical lung infections.
- Pointing and flexing your toes keeps blood moving in your legs and helps prevent blood clots.
- It is important to drink fluids. Stay hydrated.
- It is important not to touch your surgical site and to keep it clean and dry.



Contact your surgeon right away for increasing pain, redness at or around the surgical site, fever, chills, or uncontrolled pain or nausea.

Pre-Surgery Nutrition

Eating to Improve Healing Before and After Your Surgery

It is important to pay attention to nutrition prior to and after surgery. What you eat – and how much you eat – can help you do better before and after surgery.

A healthy, balanced diet with extra protein can help you:

- Build strength to prepare your body for surgery
- Recover better after surgery
- Heal wounds and bones
- Have enough energy and strength to return to normal activity

Poor nutrition has been shown to:

- Increase the risk of infections and surgical complications
- Impair wound healing
- Increase the amount of time spent in the hospital
- Increase the amount of care and support needed after leaving the hospital

Protein Pointers

Protein is essential for maintaining muscle. Adults with more muscle mass have more independence, better balance and less risk for falls and fractures. Beginning in their 40s, adults typically lose 1 or 2 percent of their muscle mass every year. Eating the right amount of protein throughout the day can help you maintain muscle.

What counts as an ounce of protein?

Eat protein at every meal

Eat 3 to 4 ounces (20-30 grams) of protein at each meal. Include these high-protein foods often:

- Lean meat, chicken, pork and seafood
- Beans and lentils, nuts and seeds
- Milk (if you're lactose intolerant, try lactose-free milk – it's the same as regular, but without the lactose)
- Cheese, cottage cheese and yogurt
- Eggs

Remember that your goal is 3-4 ounces per meal.

- 1 ounce of cooked meat, fish or chicken (3-4 ounces is about the size of a deck of cards or the palm of your hand)
- ¼ cup of cooked beans, peas or lentils
- 1 egg
- 1 tablespoon of peanut butter
- ½ ounce of nuts or seeds (12 almonds, 7 walnuts halves)
- 1 cup of milk or yogurt
- 1.5 ounces of hard cheese (about the size of 3 dice)
- ¼ cup of cottage cheese

When reading food labels where protein is listed in grams, consider that 28 grams is about 1 ounce.

Don't forget to exercise

Protein and exercise together help build and repair muscle, which is crucial for staying fit for everyday activities.

Learn more about protein at www.choosemyplate.gov/protein-foods.

This information is for general educational purposes only – always follow your doctor's recommendations, and check with your doctor if you have any questions.

Five tips to eat better, feel better, recover better

1. Get plenty of fuel

- Make sure you're eating and drinking enough healthful foods and liquids in the weeks leading up to your surgery. Your body needs extra fuel, protein, vitamins, minerals and liquids to heal.
- Eat 2 to 3 meals and 1 to 3 healthy snacks each day.

2. Eat foods from all of the food groups:

Protein Dairy Vegetables Grains Fruit

3. Eat plenty of protein

- Eat protein at every meal, especially at breakfast and after physical therapy.
- Good sources of protein include fish, chicken, meats or meat substitutes, milk, fortified soy milk, cheese, yogurt, beans, nuts and seeds.

4. If you don't feel hungry, try to eat anyway

- Eat smaller meals and snacks more often, and include protein foods.
- Eat with a friend or family member. Adults who share meals together tend to eat better. See *Mealtime for Healthy Adults* under Educational Materials at www.healthoregon.org/sharedmeals for more information.

FAQs

(frequently asked questions)

about “Surgical Site Infections”

What is a Surgical Site Infection (SSI)?

A surgical site infection is an infection that occurs after surgery in the part of the body where the surgery took place. Most patients who have surgery do not develop an infection. However, infections develop in about 1 to 3 out of every 100 patients who have surgery.

Some of the common symptoms of a surgical site infection are:

- Redness and pain around the area where you had surgery
- Drainage of cloudy fluid from your surgical wound
- Fever

Can SSIs be treated?

Yes. Most surgical site infections can be treated with antibiotics. The antibiotic given to you depends on the bacteria (germs) causing the infection. Sometimes patients with SSIs also need another surgery to treat the infection.

What are some of the things that hospitals are doing to prevent SSIs?

To prevent SSIs, doctors, nurses, and other healthcare providers:

- Clean their hands and arms up to their elbows with an antiseptic agent just before the surgery.
- Clean their hands with soap and water or an alcohol-based hand rub before and after caring for each patient.
- May remove some of your hair immediately before your surgery using electric clippers if the hair is in the same area where the procedure will occur. They should not shave you with a razor.
- Wear special hair covers, masks, gowns, and gloves during surgery to keep the surgery area clean.
- Give you antibiotics before your surgery starts. In most cases, you should get antibiotics within 60 minutes before the surgery starts and the antibiotics should be stopped within 24 hours after surgery.
- Clean the skin at the site of your surgery with a special soap that kills germs.

What can I do to help prevent SSIs?

Before your surgery:

- Tell your doctor about other medical problems you may have. Health problems such as allergies, diabetes, and obesity could affect your surgery and your treatment.

- Quit smoking. Patients who smoke get more infections. Talk to your doctor about how you can quit before your surgery.
- Do not shave near where you will have surgery. Shaving with a razor can irritate your skin and make it easier to develop an infection.

At the time of your surgery:

- Speak up if someone tries to shave you with a razor before surgery. Ask why you need to be shaved and talk with your surgeon if you have any concerns.
- Ask if you will get antibiotics before surgery.

After your surgery:

- Make sure that your healthcare providers clean their hands before examining you, either with soap and water or an alcohol-based hand rub.

If you do not see your providers clean their hands, please ask them to do so.

- Family and friends who visit you should not touch the surgical wound or dressings.
- Family and friends should clean their hands with soap and water or an alcohol-based hand rub before and after visiting you. If you do not see them clean their hands, ask them to clean their hands.

What do I need to do when I go home from the hospital?

- Before you go home, your doctor or nurse should explain everything you need to know about taking care of your wound. Make sure you understand how to care for your wound before you leave the hospital.
- Always clean your hands before and after caring for your wound.
- Before you go home, make sure you know who to contact if you have questions or problems after you get home.
- If you have any symptoms of an infection, such as redness and pain at the surgery site, drainage, or fever, call your doctor immediately.

If you have additional questions, please ask your doctor or nurse.

Co-sponsored by:



Our Promise to you:

Together, we answer the call of everyone we serve:

Know Me, Care For Me, Ease My Way



**Learn more about compassion at Providence by watching our YouTube video:
“Compassion at Providence”**

