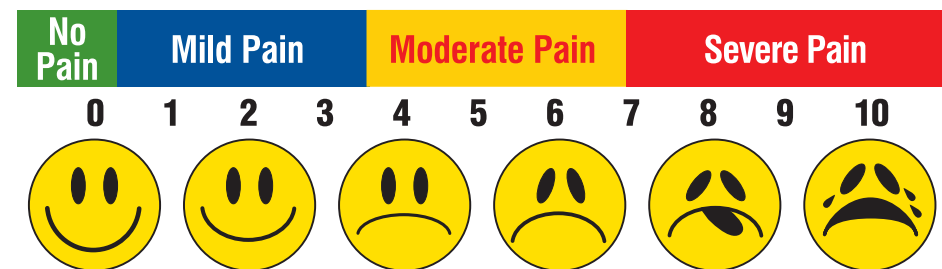


Important Patient Surgical Information

Pain Management:

During your hospital stay we will ask regularly about your pain using the scale below. Tell the staff of any pain you are having. Pain is to be expected after surgery but our goal is to keep it mild and under control. **Tell your nurse immediately if you are having chest pain.**



Questions?

Please call and ask to speak with one of our nurses for any questions or concerns at (806) 725-6250 or contact your surgeon.

Surgical Assessment Services is open Monday through Thursday 7:30 am to 5:00 pm and Friday 7:30 am to 4:30 pm. We are closed on all major holidays.

Hospital Arrival Time:

Your surgeon will give you the time you need to arrive the day of your surgery. You will report to the the **Admitting Office** at the campus of your doctors choice. Please have a photo ID and insurance card with you.

Campus Locations and Parking:

Covenant Medical Center
3615 19th Street, Lubbock, TX 79410
(806) 725-1011

Parking is available in the East Parking Garage across from Valet Parking on 21st Street. There is no charge for 2 hour parking. Parking passes for the East Garage are available in admitting (1 pass per patient for outpatient; 2 passes per patient for inpatient).

Valet parking is open Monday through Friday from 6am to 7pm. Regular cost for Valet Parking is \$6. Senior Care Members or individuals with a handicap sign in their vehicle are \$3.

Covenant Children's Hospital – Lakeside
4000 24th Street, Lubbock, TX 79410
(806) 725-6000

All visitors and patients must always be prepared to show a photo ID upon entering the hospital.

Free parking is available for patient families/friends on the east side of the building in front of the main entrance. The parking garage on Lakeside campus is for employees only. There is no Valet Parking at the Lakeside Campus.

Before Your Procedure:

- Carefully follow CHG cleanser showering instructions. (See detailed instructions inside this brochure.)
- Do not drink or eat after midnight.
- Blood pressure, heart and seizure medication are important. Please talk to your surgeon about taking these medications. If your surgeon has recommended you take them prior to your surgery please use only a small amount of water to swallow them.
- Talk to your surgeon and cardiologist prior to stopping blood thinners (aspirin, Plavix, Coumadin, arthritis medications, etc.)
- Do not shave your surgery site 48 hours before your procedure.
- Tell your surgeon and hospital staff if you have a pacemaker or defibrillator.
- Have someone responsible available to drive you home and stay with you at least 24 hours after your surgery.

What to bring to the hospital:

- Wear something clean, loose and comfortable that you can wear home after your procedure.
- Bring all prescription medication including inhalers with you in their original bottles. Make a list of any over-the-counter medications, vitamins and herbal products you are taking. It is important we know about of ALL your medications, the dosage and how often you take them.
- If you use a CPAP or BiPAP machine you must bring it with you.
- Children having surgery may bring a favorite toy or blanket. Parents please pack extra diapers, formula and empty bottles if needed. Parent/legal guardian must be present with any patient under the age of 18 years.
- Bring a clean pair of socks, eyeglass case and any denture supplies.
- Bring the card for your pacemaker/defibrillator or any implants you may have.
- Copy of living will (Advance Directives).

Chlorhexidine Gluconate (CHG) Instructions

Covenant Health is providing you with a special cleanser to help ensure your skin is as germ free as possible.

Please follow the instructions below to clean your skin **the night before your surgery date and the morning of your procedure prior to coming to the hospital.** Use the special cleanser called Chlorhexidine Gluconate (CHG). This product should not be used if you are allergic to CHG.

- Shower with regular soap and water first. Wash hair as usual with your normal shampoo.
- Rinse hair and body thoroughly to remove soap and shampoo residue.
- Apply at least 2 tablespoons (1 oz.) cleanser to entire body only from the neck down.
- Turn off water to prevent rinsing off cleanser too soon. Wash entire body, skin folds and “belly button” gently for 5 minutes then rinse off.
- Do not wash with regular soap after using the cleanser.
- If you spill or misplace your bottle, CHG cleanser can be purchased at most large pharmacies.

DO NOT:

- Do not use on genitals.
- Do not scrub your skin too hard while using Hibiclens.
- Do not use near the eyes or ears to avoid permanent injury to those areas.
- Do not use any lotion, powder, perfumes, body spray, hair gels or hairspray after you shower the day of surgery.

Surgical Assessment Tips

- Do not eat or drink after midnight before your surgery, or as advised by your surgeon.
- Change your bed linens, towel and wash cloth the night before your surgery. Do not sleep with your pet.
- Brush your teeth with your usual toothpaste prior to coming to the hospital.
- Stop taking any herbal products as soon as you find out you are having surgery.
- Do not wear contact lenses.
- Do not wear any make-up, hair clips, hair bands or jewelry, and be sure to remove all body piercings.
- Do not smoke or use tobacco products after you find out you are having surgery. Covenant Health is a non-smoking environment.
- Do not go into large crowds or around anyone who could have a contagious illness before and after your surgery.
- Notify your surgeon and see your dentist for ANY dental problems (dental pain or sores in the mouth).