

INFECTION PREVENTION

Preoperative: Follow any instructions from your surgeon for use of antibacterial soap. Do not remove hair from the operative area during the three (3) days before your surgery. For example, if you are having knee surgery, do not shave, wax or use depilatories on any portion of your operative area or extremity.

Postoperative: Some procedures restrict showering or bathing for three (3) days or more after surgery. This helps keep the surgical site clean and dry. You will be given specific discharge instructions prior to being discharged.

If you develop any signs or symptoms of infection--such as fever, redness or drainage--either before or after your surgery, please call your surgeon immediately.



PEDIATRIC SURGERY

Parents are asked to stay with their child before and after surgery and in the hospital during surgery. For comfort, bring his or her favorite toy or blanket, as well as bottles, diapers or special formula.

A tour of the surgery area with your child preoperatively can be arranged by calling 719-530-2255.

Preoperative Surgical Instructions

No food or drink after _____

Check in at front desk _____ a.m. / p.m.

Scheduled surgery date / time _____ / _____

Comments _____

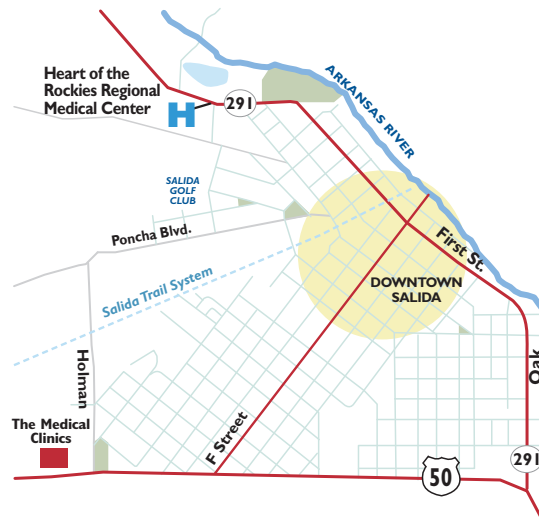
Admissions Office

Monday - Friday • 6 a.m. – 5 p.m.

Laboratory

Monday - Friday • 7:30 a.m. – 7:30 p.m.

Saturday - Sunday • 8 a.m. – noon



HEART OF THE ROCKIES
REGIONAL MEDICAL CENTER

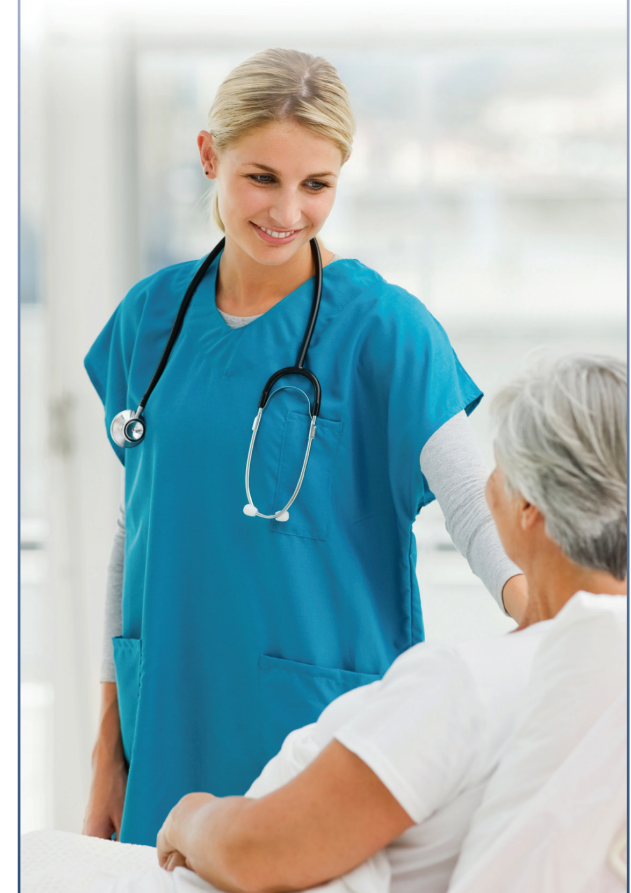
The heart of healthcare

1000 Rush Drive, Salida, CO 81201 • 719-530-2200



HEART OF THE ROCKIES
REGIONAL MEDICAL CENTER

PREPARING FOR YOUR SURGERY



1000 Rush Drive, Salida, CO 81201
www.hrrmc.com

PRIOR TO SURGERY

Preregistration

We recommend that you preregister for your procedure through HRRMC's Admissions Department.

To preregister, call the Phone Registration Hotline at 719-530-2360 between 8 a.m.-noon and 1-4:30 p.m., Monday through Friday to complete the paperwork and insurance verification. **To ensure that we are able to contact you, please provide your main phone number and an alternate phone number when registering.** This will shorten your time at the Registration desk on the day of surgery.

Preoperative Interview

The HRRMC Same Day Surgery Department will call you for a preoperative interview after your surgery has been scheduled. All calls will be made Monday-Friday between 8 a.m. and 4 p.m. Phone calls from the hospital will appear as "unknown" on your Caller ID.

The pre-op nurse will ask about your current medications and dosages, drug allergies, drug reactions and any instructions from your surgeon. You will also be asked about tobacco and marijuana use. This data is required by Medicare and Medicaid and impacts HRRMC's reimbursement. **Time of arrival and surgery time will be reviewed due to changes that might have occurred.**

Supplements that pose a risk in surgery

The following list of supplements should be stopped two (2) weeks prior to surgery due to possible side effects and drug interactions: Echinacea, Ephedra, Feverfew, Fish Oil, Garlic, Ginko, Ginger, Ginseng, Kava, St. John's Wort, Valerian.

THE DAY OF YOUR SURGERY

On the day of your surgery, please report to HRRMC's Main Reception Desk, located just inside the hospital's main entrance at 1000 Rush Drive, Salida.

It is very important that you follow specific preoperative food and fluid instructions. Failure to follow these guidelines could result in the cancellation of your surgery.

- Drink plenty of fluids **the day before surgery** (5-6 extra glasses of water).
- **Absolutely no solid food or liquids after midnight. The preoperative nurse will give specific instructions about medications.** Generally, take blood pressure and heart medicines as usual the morning of surgery but with only a small sip of water.
- **No hard candy, water, ice, gum or tobacco the morning of surgery.**
- Shower or bathe, brush teeth without swallowing, but do not apply eye/facial or skin products.
- Do not bring valuables or money.
- Wear loose, comfortable clothing that is easy to get on and off. No watch, jewelry or piercings.
- Partial and full dentures may be removed at the decision of the anesthesia provider.
- Bring hearing aids to the hospital.
- Bring your case and solution if you wear contact lenses.
- If crutches or walker are ordered, please bring them to the hospital on the day of surgery.
- If you use continuous positive airway pressure (CPAP) and are spending the night, bring it with you to the hospital.
- The physician and anesthesia provider (CRNA) will meet with you prior to surgery.
- **Emergencies may cause delays in scheduled operating time. Please be patient. We will keep patient and family informed if this occurs.**

We welcome family and friends, but due to limited space, they may have to wait in the Surgical Services waiting room. There is room for one or two visitors in the pre-op/post-op rooms.

AFTER SURGERY

- After surgery, you will either come back to the post-op area or be admitted to a hospital room. Length of stay will depend on the type of surgery and individual recovery. When you have met the recovery guidelines specified by your doctor, you will be discharged.
- A responsible adult is required to drive the patient home. For safety, the patient will not be permitted to leave unattended.
- It is recommended that patients plan to have a responsible adult at home for 24 hours after surgery.
- Contact your surgeon or PCP immediately if you have any problems or concerns.
- Do not drive within 24 hours of surgery or drink alcoholic beverages or make any important decisions.
- A nurse will contact you within two to three days to check on your recovery.

