



## Your Guide to Safer Surgery

Providing the safest, best care.

What you do BEFORE your operation will make a difference during your recovery



# Welcome

Surgery is a team effort. We want you to be as healthy as possible before surgery. As the most important member of the team, you can do your part by making sure you are in the best condition possible prior to surgery.

## 6 Steps to a Safer Surgery

### 1 NUTRITION | Improve Healing

- Limit sugars and fats in your diet.
- Drink plenty of water.
- Take your pills as directed.
- Eat more fruits and vegetables – eating healthy will help you to heal.

### 2 BREATHING | Decrease Risk of Pneumonia

- Practice coughing and taking deep breaths.
- After your surgery you may be asked to use a spirometer (lung exerciser) every hour while awake.

### 3 SMOKING | Improve Healing & Lung Function

- Talk to your doctor or surgeon about how to quit smoking.
- Contact Healthy Life Programs at (616) 394-3344 for smoking-cessation classes.
- Contact Tobacco Quit Line 1-800 QUITNOW (1-800-784-8669). Free help is available including medication to help you quit. Trained specialists provide advice and a plan just for you to help you quit.

### 4 HYGIENE | Lessen Risk of Infection

- Shower with Chlorhexadine Gluconate (CHG) soap as instructed by your surgeon. Follow instruction sheet provided. Do this once the night before surgery and again the morning of surgery. Sleep in clean pajamas and freshly laundered sheets. This decreases the amount of germs on your skin.
- Brush your teeth and use mouthwash twice a day.
- Do not shave your surgical area. We will use a special clipper if hair removal is necessary.

### 5 ACTIVITY | Strengthen Heart & Lungs

- Any increase in activity can help you recover faster after surgery. Even walking a total of 30 minutes each day can help!
- After surgery, activity continues to be important. Resume activity as soon as you are able and as directed by nursing staff.

### 6 PAIN | Educate Yourself

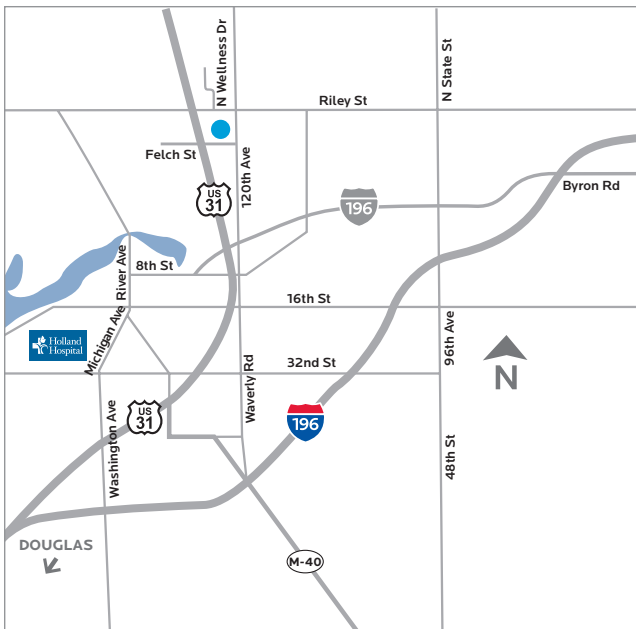
- Discuss pain management expectations with your surgeon and nursing staff – understanding what to expect for post-surgical pain will improve your comfort, safety and satisfaction following your surgery.
- Your medical team will work with you to balance good pain control with the least side effects possible.

## FOR MORE INFORMATION

Please call a member of the surgical team if you have any questions regarding the information provided here.

For surgeries scheduled at Holland Hospital main campus, please call Pre-Admission Testing. (616) 394-3775 | 8 AM – 4 PM

For surgeries scheduled at Holland Hospital Surgery Center, please call the center. (616) 796-2199 | 8 AM – 4 PM



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