



SURGICAL
SERVICES

Surgical Handbook



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*Thank you for choosing Holland Hospital for your upcoming procedure.
Please take a few minutes to read through this important information.*

Before Your Procedure

Tests and Medical Clearance

- To provide you the safest care, you may need laboratory tests or medical clearance from your primary care physician. These need to be performed at least one week prior to your procedure so we may receive and review the results. At the time of scheduling your procedure, your surgeon's office will let you know what, if any, appointments you will need to make to complete your preparation.
- The Pre-Admission testing nurse will contact you by phone 2-7 days prior to your surgery date to review your medical information. Please have this booklet available when the nurse calls you. The following information will be covered:
 - Medical history and allergies
 - Past surgeries
 - Anesthesia concerns
 - Review of the medications you are taking including dose, time of day, and frequency of all prescription and over the counter meds, and vitamins/supplements/herbals.
 - Discharge planning needs
 - Pre-surgery instructions
- The nurse will let you know if any additional tests or clearances are required. All testing will need to be completed prior to surgery to avoid cancellation.
- The Pre-Admission Testing nurse at the main campus can be reached at (616) 394-3380 or the Surgery Center nurse at (616) 796-2184.



Medications, Over-the-Counter, Vitamins and Herbal Products

- Do not take any aspirin products or anti-inflammatory medications (NSAIDs) 5-7 days prior to your procedure (including, but not limited to Aspirin, Advil, Aleve, Ibuprofen, Motrin, Naproxen, etc.) This is important to help reduce the amount of bleeding at the time of surgery. Tylenol/Acetaminophen may be used as appropriate.
- If you are on blood thinners (i.e., Coumadin, Plavix, Xarelto, Eliquis, Aspirin, etc), you will need to discuss stopping these medications with your **primary care physician or cardiologist**. Your doctor will determine if it is safe to stop the blood thinners before surgery or if you need to 'bridge' with lovenox. The exception is if you are having cataract surgery, you do not need to stop them.
- Discontinue all herbal products (i.e., ginseng, glucosamine, echinacea, ginkgo, fish oil) and vitamin E at least 7 days prior to your procedure date.
- Please follow these instructions unless instructed otherwise by your surgeon.

Additional information

- If you currently smoke, it is recommended to stop as soon as you are able. Smoking can inhibit proper healing following surgery. It is noted that lungs are improved even within 24 hours of not smoking.
- If you need help to quit smoking discuss options with your surgeon or primary care physician. You can also call 1-800-QUIT NOW (1-800-784-8669). This is a free service that connects you with trained coaches who can provide you with information and resources to help you stop smoking.
- If you are unable to stop, anesthesiologists recommend no smoking or use of any tobacco product after midnight before your surgery. (This includes cigars, cigarettes, e-cigarettes, marijuana or chewing tobacco.)
- No alcoholic beverages for at least twenty-four hours before and after surgery.



Prior to your Surgery

- Notify your surgeon immediately if you develop any signs or symptoms of illness before surgery. This includes fever, sore throat, cough, cold, infection, pregnancy or any unforeseen circumstances.
- Notify your surgeon immediately if you have any open sores, wounds or cuts that are not healing before your surgery.
- Be prepared to discuss any allergies to tape and/or adhesive products with your surgeon and the nurse. You will likely encounter products containing adhesive during surgery.
- The Pre-Admission Testing Nurse will call you the work day prior to surgery to inform you of your arrival time. You will be asked to arrive 60-90 minutes prior to your scheduled procedure start time in order to get registered and ready for your procedure. If you do not receive a call by 3 pm, call (616) 394-3775 (main campus) or (616) 796-2184 (Surgery Center). Please remain flexible as surgery times may change, even on the date of surgery. We will call you as soon as possible with any necessary changes.
- Review all information provided to you before and the day of your procedure. Write a list of any questions or concerns to review with staff and physicians.
- For information on how to prepare yourself for the best possible surgical outcome, please visit Holland Hospital's website and go to the "For Patients and Visitors" section and then Patient Guide to view the Preparing for Your Surgery video. The link is also provided below.
 - <http://www.hollandhospital.org/patients-visitors/patient-guide.aspx>



Billing and Insurance Information

- You may receive a call from Holland Hospital's business office to verify demographic and billing information. If you have questions, please call (616) 394-3122.
- Some insurance companies require prior authorization or notification. Check your individual policy for your requirements and eligibility.

Minor Patients and Legal Guardianship

- Children 17 years of age or younger having surgery must be accompanied by a parent or legal guardian. Feel free to bring a security item for the child like a clean blanket or clean stuffed animal.
- For children 17 years of age or younger, please bring their social security number (card not necessary) and your driver's license for identification.
- Please bring an appointed legal guardian (and written proof of guardianship) for all individuals who are unable to make legal decisions due to a medical condition such as dementia, physical or emotional disability.

Transportation and Post-Op Care

- A responsible adult must stay with you while you're at the Hospital or the Surgery Center, drive you home after your procedure and remain with you the first 12-24 hours after discharge. If you do not have this arranged prior to the start of your procedure it may be canceled.
- You may need medical equipment such as crutches, walker, surgical shoes or boots, knee braces, ice coolers and slings after your procedure. Please discuss this with your surgeon's office. You will need to obtain the item prior to your procedure at a Durable Medical Equipment (DME) supplier. (Check with your insurance company for coverage). DME requires a written order from your surgeon.

Pre-Operative Fasting Instructions

- It is critical that you have nothing to eat or drink before your surgery. The purpose of this is to decrease the risk of vomiting during and after anesthesia, to prevent aspiration and pneumonia. **For your safety it is very important to follow the instructions.** If you do not follow the instructions, it may be necessary to delay or cancel your surgery. The nurse will go over this information during your pre-operative phone call. **IF** you are given instructions for clear liquids, approved liquids include water, black coffee, any carbonated beverage and clear juices, but do NOT include cream, milk or orange juice.

If you were not able to talk to a nurse before your surgery and no instructions were given to you, please follow the guidelines below:

Adults/Children:

- For Bronchoscopy procedures – No solids or liquids (nothing by mouth) 8 hours prior to scheduled arrival time.
- For all other procedures – No solids after midnight. Clear liquids up to 3 hours prior to scheduled arrival time.
- Once you are within the 3 hours prior to arrival time, No water, candy, gum or mints. You may brush your teeth and gargle, but do not swallow the water.

Breastfeeding or Bottle Fed Infants:

- Babies who are breast milk fed may have feedings up until 4 hours prior to scheduled arrival time.
- Babies who are formula fed may have feedings up until 6 hours prior to scheduled arrival time.

Pre-Operative Carbohydrate Loading:

- Carbohydrate Loading with elective procedures for Total Joint, Spine and Colon patients only. This is **only** applicable for the **non-diabetics and type 2 NON-INSULIN dependent diabetic patients**. Carbohydrate loading provides energy for healing and improves recovery. The guidelines for the complex carbohydrate drink—100% white grape juice, Ensure® Pre-Surgery Clear Carbohydrate Drink or ClearFast PreOp®—are as follows:

Day before Surgery

- At dinnertime, drink 10 oz.
- Again at bedtime, drink 10 oz.

Day of Surgery

- Drink 10 oz. 3.5 hours prior to scheduled arrival time, completing no later than 3 hours prior to scheduled arrival time.
- You may freely consume clear liquids until 3 hours prior to scheduled arrival time.

Pre-Operative Showering Instructions

Some patients will be instructed to shower with a special soap called chlorhexidine gluconate (CHG or Hibiclens) before surgery to reduce their risk of infection. Please follow the instructions on page 11. You can also access them online at hollandhospital.org under the Surgical Services section. If you were given pre-op CHG wipes for your procedure, please use those instead and follow the instructions given.

Do not shave your surgical site for at least 72 hours prior to your procedure. Shaving can introduce infection into your skin. If hair is present at the site of your surgical incision it will be removed on the day of your procedure with a special clipper.

Day of Procedure

At Home

- Wear loose-fitting, comfortable clothing on the day of your procedure.
- Leave all valuables at home, including cell phones, jewelry and extra money.
- Leave contact lenses at home, if possible. If you must wear them, bring a storage container.
- Remove all jewelry, including all body piercings (no metal may remain—a plastic stud is okay—but not in the mouth). Every effort should be attempted to remove rings. If you are unable to remove your rings, please notify your nurse on arrival.
- Take a shower the morning of your procedure. If you were instructed to use the CHG soap, complete your second shower with it. If you are having a laparoscopic procedure make sure you carefully clean your belly button area.
- Do not wear any body lotions, perfumes/colognes, makeup, or hair products after your shower. Nail polish is OK, except if you are having hand or foot surgery—remove it on the surgical hand/foot.
- Take morning medications with a small sip of water (2-3oz) as instructed by the pre-testing nurse.



What to Bring

- Medication list (if any changes since speaking to the pre-testing nurse).
- DO NOT bring your own medications, as the hospital will supply them for you when you are here. Exception: If your medication is not readily available or is very costly, then bring the medication in its original packaging for the pharmacy to review upon arrival.
- Inhalers
- Important documents (photo identification, insurance card(s), living will, patient advocate forms, legal guardianship papers, etc.)
- Medical equipment (crutches, slings, coolers) if needed, labeled with name.
- CPAP machine (if staying overnight)

What to Expect

People sometimes feel nervous or forgetful when having a procedure. It may help to write down any questions you wish to discuss with your surgeon.

- Registration will review your billing and registration information.
- Preoperative Area:
 - Up to two family members may stay with you during the admitting process
 - Change into appropriate attire
 - Physical assessment
 - Confirm procedure
 - Review medications
 - Review last eating and drinking times
 - Meet with physician(s) and anesthesia provider to review procedure, questions or concerns.
- Operating/Procedure Room:
 - Your nurse and anesthesia provider will remain with you throughout the procedure.
 - The room is cool. Warm blankets and comfort measures will be provided.

- Recovery/Discharge Area:
 - Most patients wake up pleasantly unaware the procedure is complete.
 - You will be cared for and monitored closely by a nurse as you wake and recover.
 - Pain is expected. You will be asked to rate your pain on a scale of 0-10 (10 being the worst pain ever experienced). We want to keep you as comfortable as possible with the least amount of side effects from medications. Do not wait until the pain is bad before alerting your nurse. Medications and other techniques will be used to help you be more comfortable.
 - Your physician will speak with your family after the procedure.
 - Up to 2 family members will be allowed to be with you after surgery as determined by the nurse.
 - Expect to stay 1/2-2 hours depending on the procedure and the individual patient. Patients who are scheduled for outpatient surgery may not be discharged until late in the evening in some cases.
 - Instructions regarding your care at home and any written prescriptions will be reviewed with you and family.
 - An adult must drive you home and be with you for 12-24 hours after the procedure, depending on the type of anesthesia received.

For Patients Instructed to Complete Pre-Op Shower with CHG

You play an important role in your health and recovery. Before surgery, a pre-operative surgical wash with a special soap can reduce the number of germs on your skin. We recommend TWO showers—one the night before surgery and one the morning of surgery to help prevent infection.

We recommend using a special surgical soap called Chlorhexidine Gluconate (CHG). A common brand name is Hibiclens® but any brand is acceptable. This is a liquid soap and can be purchased at many local pharmacies, including Walgreens, CVS, Walmart and even on Amazon.com. It comes in 2% and 4% strength—you may use either. Purchase the 8 ounce bottle. If you are allergic to CHG, use a liquid anti-bacterial soap (such as Dial®) for your shower. CHG must also be avoided in premature or low birth weight infants, infants receiving phototherapy or children less than 2 months of age.

If you are unable to stand for a shower, please contact your surgeon's office or the Pre-Admission Testing department at Holland Hospital for alternate methods of skin cleansing before surgery.

To keep your skin as clean as possible and to help prevent infection, please follow these instructions.

- 1. The evening before your scheduled surgery take a shower with 4 oz. (half of the bottle) of CHG.**
- 2. Wash your hair first.** Use your normal hair product. You should end your shower with the CHG wash.
- 3. Use a clean washcloth or your hand for each shower.** Be advised that CHG is a pink/red color and is absorbed by cotton washcloths—it may cause discoloration of the washcloth.
- 4. Turn off the water or move away from the spray before applying the CHG to prevent it from being washed off too soon.**
- 5. Scrub your skin gently with your hand/washcloth and the CHG.** Apply CHG to your entire body from the jaw level down. Avoid getting it in your eyes, ears, nose and mouth. Also do not use on the genital area. If you are having a cesarean section, avoid using on the chest area. Wash thoroughly for five minutes, paying special attention to the area where your surgery will be performed. Do not scrub the skin too hard. Ask someone to help if you are unable to reach certain areas of your body.
- 6. After you have scrubbed for five minutes, allow the CHG soap to sit on your skin for one minute.** Turn the water back on and rinse well. Do not apply any other soap after using the CHG.
- 7. Pat yourself dry with a clean, soft towel after your shower.**
- 8. Wear freshly laundered pajamas to bed and sleep on freshly laundered sheets.**
- 9. The morning of your surgical procedure shower again with the remaining CHG.** Repeat the steps above.
- 10. Dress in freshly laundered, loose fitting comfortable clothing.**

PLEASE REMEMBER:

- **Do NOT shave any body parts from the neck down**—this includes your legs and underarms. Shaving can increase the risk of infection when you have surgery.
- **Do NOT apply any lotions, perfumes or powders of any kind after your CHG shower.**



Thank you for choosing us for your procedure.

If you have questions after reviewing this information and after speaking with the nurse, please contact us at (616) 394-3775 for Holland Hospital and (616) 796-2184 for Surgery Center.

Surgery date:



SURGICAL SERVICES

602 Michigan Ave
Holland MI 49423
(616) 394-3775

SURGERY CENTER

12087 Felch St
Holland MI 49424
(616) 796-2199

